

100+ recipes  
inside!January 2012  
AED 15

# GoodFood

*New year, new you!*

MIDDLE EAST

- ❖ Delicious detox dishes
- ❖ Nutritious kids' meals
- ❖ Easy, healthy food swaps

**SATURDAY LUNCH  
FOR FRIENDS**

**A foodie's  
guide to Goa**

**BRING ON THE  
breakfast**

**WIN, WIN, WIN!**

Dinner for two,  
Friday brunch,  
luxury getaways,  
foodie hampers, a  
spa treatment  
and more...



Sesame & honey tofu  
with rice noodles

**FREE**

**SUPPLEMENT  
ON DIABETES**





REFRESHINGLY UNIQUE

With a slice of lemon or on its own, naturally sparkling Perrier refreshes under the most extreme circumstances.

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**FINALISTS ANNOUNCED!**

The list of finalists for the **DINING** categories are now listed online and in this month's issue! Please note that nominations for *Chef of The Year and Ingredients Categories* are now closed too. The finalists in these categories will be announced too.



**EDITOR'S NOTE**



## New year, new you

I hope you have all had a wonderful holiday season and safe, happy travels if you went away. I am sure, like many of us, you have enjoyed all the naughty-but-nice festive goodies – the mince pies, that extra slice of stollen bread and the turkey with the rich stuffing.

The festive season is definitely the time for indulgence, but after all the decadence, I long for fresh, light, healthy food and

find myself rewriting the food resolutions that I broke all too quickly last year.

At *BBC Good Food ME*, we believe in a healthy, balanced lifestyle rather than fad dieting, and as such, we have packed this month's magazine with delicious, nutritious recipes and ideas for simple healthy swaps to ease you into a nutritious 2012.

This month, we have also put together a supplement about diabetes, focusing on how lifestyle and nutrition are vital for not only the prevention of type 2 diabetes, but for the management of type 1 and type 2 diabetes.

Here's to a wonderful, healthy, happy year! I wish you all the best.

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, editor  
lauren@cpidubai.com

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PAGE 66 | MORE cooking skills



**GoodFood**  
MIDDLE EAST

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Make our  
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recipe



18 Sesame & honey tofu with rice noodles

## Our recipe descriptions

- V** Suitable for vegetarians
- ❄** You can freeze it
- ❄** Not suitable for freezing
- P** Contains pork
- 🍷** Contains alcohol
- ✓** **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- Low fat** 12g or less per portion.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

## TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **🍷**

# Crazy for competitions

Win luxury hotel stays, gourmet dinners, foodie hampers and more...



**WIN A MEAL FOR TWO AT EL CHICO**  
Enjoy dinner for two at El Chico, the Mexican restaurant that serves authentic cuisine. Sit back and savor the simple moments in life complete in a traditional heritage setting, while tucking into signature specials such as fajitas, enchiladas, guacamole and more. A Mexican experience not to be missed!



**WIN A MEAL FOR TWO AT THE W GRILL AND COCKTAILS TERRACE, PYRAMIDS, WAFI**  
Dine at the recently-launched European style grill restaurant at Wafi Mall, a hotspot for foodies and fashionistas alike. The restaurant offers a stylish dining experience with an impressive cocktail menu and outdoor shisha terrace.



**WIN DINNER FOR TWO AT AMWAJ RESTAURANT, SHANGRI-LA HOTEL, DUBAI**  
Tempt your taste buds by feasting on an array of mouth-watering fresh seafood at the lavish Amwaj restaurant, valued at AED 600.



**WIN HEALTHY CUPCAKES FROM KITSCH**  
Up for grabs! A box of scrumptious cupcakes from Kitsch that includes healthier flavours such as The Skinny, Gluten Free (Caramel white chocolate), Dairy Free and Eggless cupcakes. There's one for every preference, so you can satisfy your sweet cravings without loading up on calories.



**SEND IN A RECIPE AND WIN TICKETS TO THE BBC GOOD FOOD ME AWARDS!**

Get your hands on two tickets to the esteemed BBC Good Food ME Awards in February by submitting in Valentine's Day recipe for two. The recipes can either be a main course or dessert and should be sent to [marizel@cpidubai.com](mailto:marizel@cpidubai.com). What's more exciting is that the winner's recipe will be featured in our next issue! Deadline for the recipe submission is **20 January 2012**.

**WIN A TWO-HOUR AYURVEDIC TREATMENT AT DUBAI HERBAL TREATMENT CENTRE**  
Pamper yourself with this two-hour ayurvedic treatment of Abhyanga and Sirodhara combined to relax your mind, body and soul. The voucher valued at AED 450 is the perfect treatment to begin the New Year with a rejuvenated, revitalised body.



**WIN A NIGHT STAY FOR TWO AT NOUR ARJAAN BY ROTANA, FUJAIRAH, INCLUDING BREAKFAST**  
Enjoy a night stay including breakfast at the luxurious Nour Arjaan by Rotana, Fujairah. Pamper yourself in the tranquil surroundings of the emirate and lay by the pool treating yourself to a relaxed afternoon for you and your loved one.



**WIN A FRIDAY BRUNCH FIESTA FOR TWO AT PYRAMIDS, WAFI**  
Choose from a variety of five restaurants, The W Grill, Medzo, Carter's, Thai Chi and Vintage; diners are able to move around going back and forth however many times they prefer. Enjoy gourmet dishes and delicious beverages.



**WIN A DOWN TO EARTH ORGANIC FOOD GIFT HAMPER**  
Winners receive a gift hamper with a range of spices, powders, biscuits and kitchen condiments from Down to Earth Organic Food - goodies that are good for you and Mother Earth, too. The products are all free of chemicals, pesticides and fertilizer residues.

**To stand a chance to win these prizes visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com) and fill out the forms; it is so easy to do!**





# Tiramisu ice cream delight

Inspired by the creamy, decadent tiramisu ice cream flavours, chef Rafael Capanas of K Grill, Kempinski Mall of the Emirates created an elegant dinner party dessert



Chef Rafael Capanas

*"An elegant, Asian-inspired dinner party dessert!"*

## Fried tiramisu ice cream set on green tea cake accompanied by caramelised walnuts

100g brown sugar  
5 eggs, whites only  
100g unsalted butter  
125g flour  
25g almond powder  
7g green tea powder  
1 scoop tiramisu ice cream  
100g corn flakes  
15g sugar  
35g walnuts

**1** For the green tea cake, cream the butter and sugar in mixing bowl, add the eggs into the flour and dry ingredients into the mixture.

**2** Once the cake dough ready, pour the mixture into 18/1cm cake ring and bake in the oven at 180C for 15 mins.

**3** To prepare the fried ice cream, scoop the tiramisu ice cream into round shaped ball.

**4** Coat the ice cream in the liquid egg white and coated with corn flakes, add oil into the pan and fry the ice cream until crispy.

**5** Melt the sugar over a pan, add the toasted walnuts into the sugar to create glazed walnuts to use as a garnish.

**6** Set the green tea cake on the plate and arrange the fried ice cream over the cake. To finish, sprinkle the caramelised walnuts on top.



**1** Create a nice round ball of ice cream using a good-quality ice cream scoop.



**2** Plate up like a professional with fresh berries and caramelised walnuts.



**3** Impress your guests with this elegant dessert.

**LONDON DAIRY**  
Premium Ice Cream

**TIRAMISU**  
An exquisite combination of a creamy textured ice cream with thin slices of bittersweet brownie cake and ripples of rich chocolate sauce.

## Top 10 foodie moments

From recipe highlights, top restaurants to try, quirky foodie moments and the best deals in town, *BBC Good Food ME* keeps you in the know this season

### 1 Seafood delicacies at MINATO

Minato, meaning 'harbour' in Japanese, is one of the oldest Japanese restaurants in town. Situated in the bustling hub right across the Dubai Creek at the Radisson Blu Hotel, Dubai Deira, this month at Minato, chef Nakagawa has introduced a range of new mouth-watering delicacies to complement the traditional sushi and sashimi menu.

Seafood platters of finely-cut bluefin tuna, shrimps, salmon and mackerel are served in a large bowl over grated ice and a seashell, giving the entire platter a unique appearance with bursts of flavour. Other dishes offered are miso soup, flat white fish, fresh blue fin tuna, sushi rolls and green salad baskets.

The dishes are particularly authentic, yet appeal to the Middle Eastern market as well as expats. *BBC Good Food ME* particularly liked the green tea ice cream served with sweet beans, as the strong yet bitter taste of the green tea ice cream is complemented by the sweetness of the beans making it a perfect ending to a healthy and appetising meal.

*For bookings and information, please call 04 205 7333/7444.*



### 2 Keep on track with Solis

Solis, the elegant beach front bistro tucked away in the luxurious Tiara Residences on Palm Jumeirah, has created a healthy menu just in time for the New Year. At *BBC Good Food ME* we understand the amount of effort and commitment it takes to stick to a diet and avoid choosing those unhealthy options on a menu; the options at Solis could make these choices a little easier.

Head chef Wasantha from Solis has created a healthy menu for diet followers to stick to their regime while feasting on a range of dishes that are low in saturated fat but yummy in taste. Amongst the menu are a few celebrity-endorsed and high profile diet options such as the Solis oregano chicken avocado salad, for those following the Zone Diet as well as the steamed asparagus salad from the famous raw food and macrobiotic diet followed by Gwyneth Paltrow and Madonna. Points are also worked out for you, with healthy options such as the shrimp and palmito salad that are ideal for people following the traditional Weight Watchers diet.

Prepared daily with fresh produce, the new menu is soon to be a favourite amongst weight-conscious foodies in Dubai.



## foodie moments

### 3 Italian street café culture now in Dubai

The newly-opened Esca Caffé at Qamardeen Hotel, nestled within the Downtown Dubai area is set to bring out the laid-back street culture of Italian cafes. Set out on the street-front of the hotel, the cafe is perfect for people-watching or business meetings (wi-fi available), while tucking into pots of chocolate soufflé, flavoured shishas and freshly brewed cups of aromatic coffee.



### 4 CERTO embraces organic

Every New Year is filled with good intentions and resolutions, so with this in mind, the team at Certo, Radisson Blu Dubai Media City has come up with a special set menu this January, offering healthy alternative food choices.

Chef Daniele will be scouting the markets for organic products to integrate them into his favourite recipes. You can sample a healthy selection of dishes including mushroom and potato cake with taleggio cheese sauce, green pea soup with ricotta cheese aromatised with thyme, homemade spinach and goat's cheese ravioli with pumpkin sauce or apple and cinnamon pancakes filled with bananas and chocolate.

To complement the healthy dishes, acclaimed sommelier Madan will be sourcing organic grapes to complete your dining experience.

"In 2012, the Radisson Blu Hotel, Dubai Media City will focus even more on sustainable food and healthy living concepts, hence Certo's organic menu promotion is just another small step towards our responsible business", François Galois, the hotel's General Manager said.

*The special a la carte menu will be available from 15th until 31st January 2012 during dinner.*



### 5 The IVY launches its Friday brunch

If you're tired of the over-indulgent, all-you-can-drink brunch options in Dubai and are in the mood for something more elegant and sophisticated on a Friday afternoon, the newly-launched brunch at The Ivy, Jumeirah Emirates Towers is just the option for you.

Served from 12.00 to 16.00 every Friday, you will be welcomed with a beverage on arrival (the Bellini is delicious!) and then you can choose one starter, one main (including unlimited side dishes) and one dessert from the extensive brunch menu.

For starters, you can choose from the aromatic duck salad, egg's Benedict, French onion soup with Gruyere crouton or rock oysters to name just a few. For mains, you can tuck into some classic British fare such as Cumberland sausage with mashed potato and onion gravy, fish and chips with mushy peas, salmon fish cakes with sautéed spinach and sorrel sauce or the succulent roasted pork belly. For dessert, we would recommend the hot apple pie with custard or clotted cream, and for chocolate lovers, the dark chocolate brownie with vanilla ice cream is beautifully rich and dense.

Children are catered for with their own menu, featuring tasty miniature versions of dishes from The Ivy a la carte menu. And, children under 10 years dine for free.

Mineral water, tea and coffee are all included in the price, with cocktails including Pimm's and bloody Mary's available to order and priced individually.

*The Ivy brunch is priced AED 275 per person.*

## foodie moments

# 6

## Barbecue delights



### Double Decker Garden Launches Saturday Backyard Barbecue

For a relaxed, homely barbecue in a garden setting, the newly launched Backyard Barbecue at Double Decker Garden, Al Murooj Rotana Dubai is a must.

An extension of the Double Decker pub, the garden provides a lovely patio and garden for you to enjoy a full barbecue feast and unlimited drinks. Food is cooked by the barbecue masters right in front of you and you can enjoy pork dishes such as Cumberland sausages and sticky ribs, beef burgers, steaks, kebabs and ribs, as well as chicken wings and kebabs. The salad counter is laden with all the homemade favourites – potato salad, pasta salad, a nice big green salad, to name just a few and for side dishes you can enjoy corn on the cob, or potatoes baked in foil over the coals, or even nachos with sour cream, salsa and guacamole. If you have any space left after this barbecue feast, the dessert table is filled with chocolate cookies, chocolate sponge cake, cherry crumble and more.

*A great, relaxed atmosphere, it feels like you are in a friend's backyard! AED 180 per person for unlimited barbecue and drinks.*



# 7

## A PUSH IN THE RIGHT DIRECTION

Do you need some inspiration and encouragement in your battle of the bulge?

The Weight Loss show is taking place at Mina Seyahi Hall (DIMC), Dubai Marina from January 27 to 28

from 10.00 to 20.00. Now in its third consecutive year, the family exhibition will consist of various zones that include lectures and entertaining demonstrations by specialists, free workout classes, fitness and health assessment tests, seminars, live cooking stations, nutritious food samples and recipes along with products and solutions for everyone. The 'Kids zone' consists of educational games, sports, activities and competitions to encourage children that exercising can be fun as well as healthy for their bodies. Admission is free for all.

"The UAE needs to become more active and to adopt healthier diets in order to reverse the alarming rates of lifestyle diseases amongst the population," says Linkviva's events director and show organiser, Niousha Ehsan.

# 8

## Divalicious in Dubai

BBC Good Food ME speaks to Divalicious in Dubai's Angela Coleby on superfoods that add a glow to our skin, body and soul.

**Honey** is pure liquid gold that has antiseptic and antibacterial properties that clear acne and soften the skin when consumed or used as a face mask. It absorbs the impurities from the pores and consists of a peeling effect if used as a hot mask, which is effective in the removal of blackheads.



**Almonds** are rich in minerals, calcium, folic acid, vitamin E and are a great antioxidant. Full of fibre and omega 3, these tiny nuts help eliminate toxins, control your cholesterol levels, smooth your digestive system and help make your skin smooth and healthy. Almond oil is rich in vitamin E and D and is a great face cleanser and can be used to get rid of under eye dark circles

**Flaxseeds:** These little seeds are packed with fibre, low in carbohydrates and are rich in Omega 3 fatty acids (great for vegetarians). It is perhaps our best source of lignans, which convert in our intestines to substances that tend to balance female hormones. There is evidence that these seeds also help prevent breast cancer and type 2 diabetes.

Combine a mixture of ingredients from your pantry and create luxurious face masks on a budget leaving your skin smooth, soft and glowing.



### Almond and honey face mask

1 tbsp honey  
1 egg yolk  
½ tsp almond oil  
1 tbsp yoghurt

### METHOD:

Mix all ingredients together and blend well. Apply to the face and leave for 20 minutes. Rinse off with warm water and pat dry.

For healthy recipes and beauty masks visit [www.divaliciousindubai.com](http://www.divaliciousindubai.com)



9

## Breakfast super smoothie

SERVES 2 EASILY DOUBLED ●

PREP 5 MINS ● NO COOK Easy

Good source of calcium and vitamin C, counts as 1 of 5-a-day, low fat

150g punnet blueberries  
2 bananas  
50g/2oz medium porridge  
oats  
½ a 500g pot natural yoghurt  
300ml/½pt semi-skimmed  
milk  
2 tbsp clear honey  
1 tsp poppy seeds  
nutmeg, for grating

**1** Tip the blueberries into a blender and blend into a purée. Pour the contents into a bowl, set aside, then rinse the blender clean.  
**2** Chop the bananas into chunks, then add to the blender with the rest of the ingredients and blend until smooth. Pour some of the banana mixture into 2 large glasses, top with a spoonful of blueberry purée, then more of the banana. Continue until you have used up both mixtures, then finish the top with a swirl of purée. Grate nutmeg over, to serve.

**PER SERVING** 403 kcs, protein 18g, carbs 72g, fat 7g, sat fat 3g, fibre 5g, sugar 52g, salt 0.42g

## 10 Down to Earth Organics

The organic food and products market is expanding in Dubai! Down to Earth Organic, a brand originally from India, is now available in their store, located near Satwa at the Hamdan Awards complex across the road from the Union flag.

With a range of chemical, fertilizer and pesticide free products, take your pick from a variety of organic cereals, pulses, spices, condiments, oils and cookies; all at affordable prices. Perfect for Indian cooking, this is the only shop in Dubai that sells organic produce specifically for the Indian market. Cotton, Linen and yoga mats and home ware items are available at the store too.

To make it more convenient for residents of Dubai, Down to Earth Organics offers home delivery and orders can be placed by contacting the toll-free number or through the order form on their website.

For more information, visit [downtoearthorganics.ae](http://downtoearthorganics.ae) or contact 800 organic (6742642).



*Carluccio's*  
THE PLACE FOR ITALIAN FOOD

# LA PIZZA



**We're Italian about food.**

We taste it, try it, argue about it until it's exactly right. So when we decided to add pizza to our menu, it was always going to take us so time to perfect.

And now we have.

The Dubai Mall 04 4341 320  
Mirdif City Centre 04 2843728  
Dubai Marina Mall 04 3997844

*Now also available for home delivery*

# Off the shelf

Give your kitchen a makeover with these convenient and time-saving gadgets and appliances



Chop away with this user-friendly nut chopper from **2XL** for AED 44 and enjoy the goodness of freshly chopped fruits and nuts for breakfast, sprinkled over desserts, or over salads to add that extra crunch. The device has options to chop the nuts coarse or fine.

Grill those meats and vegetables to perfection on the high temperature grill plate from **PHILIPS**. It seals in juicy flavours and nutrients, making food healthy and delicious.



This three-in-one pineapple corer/slicer from **LAKELAND** is both handy and mess-free. It works like a corkscrew and peels, cores and slices all at once, at only AED 65; you can now add pineapples to your daily fruit intake!

Celebrate the Chinese New Year with this limited edition set created by luxury lifestyle brands Nespresso and Shanghai Tang to ring in the 'Year of the Dragon'.



Gulp down fresh fruit and veggie juices with this **CULIN'OR JUICER** for a refreshing intake of your five-a-day and begin the New Year with a revitalised body and mind. Available at most major supermarkets.



Toss up an appetising salad in this glass and wooden bowl from **CRATE & BARREL**.

**LAKELAND**, known for its time saving products ensures your produce stays fresh as long as possible. These 'stay fresh longer bags' for AED 35 for a pack of 20, utilises a unique formula to lock in moisture, while avoiding bacteria for several weeks.

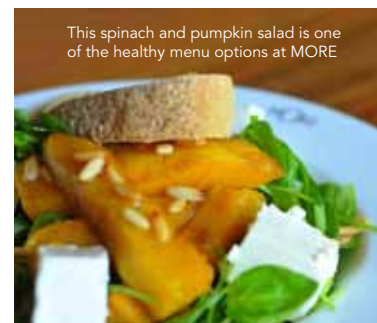


Throw out those drab white towels and ensure your dishes are squeaky clean with these colourful dish cloths from **CRATE & BARREL**.



# Get cooking with MORE!

MORE Cooking Skills is a fun and interactive way to hone your culinary talents while mingling with like-minded foodies. With healthy living on our minds this month, be sure to sign up with Chef Gert to create these delicious guilt-free goodies



This spinach and pumpkin salad is one of the healthy menu options at MORE



## Healthy eating at MORE made easy

To highlight the healthy choices, MORE introduced information into their existing menu, which enables people to select low-fat dishes that have a low Glycemic Index (GI) and are low in cholesterol. MORE employs a nutritionist, who has identified and categorised these dishes, which are highlighted on the menu with a signature "jolly O".

## MORE Cooking Skills in January focuses on Healthy Choices

*Last month's MORE Cooking Skills was a great success, and January's sessions will be a fantastic chance to learn new culinary skills...*

### LEARN TO CREATE:

**Chicken lettuce wraps** with Hoisin sauce, sesame oil and brown rice, infused with Chinese five spice.

**Sweet potato gnocchi** with tomato sauce and beef bacon served with watercress and black olives.

**Pumpkin and ricotta lasagne** with fresh rosemary and sage, complemented with crisp side salad and a simple lemon herb vinaigrette.

**Low fat mango fool** with fresh blueberries and ricotta cheese.

- Discover the secrets of proper gnocchi and lasagne dough
- Create beautiful, yet simple to make healthy meals
- Enjoy lots of interactive and informative entertainment with the MORE chefs

**Venue:** MORE Gold and Diamond Park for the Wednesday class, MORE Murooj for the Saturday class

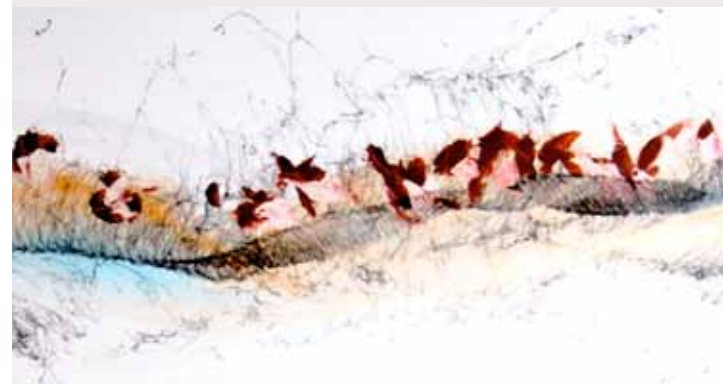
**The dates:** Wednesday 25 January 2012, 9am to 1pm at MORE Gold and Diamond Park and Saturday 28 January 2012, 11am to 3pm at MORE Murooj.

MORE Cooking Skills is priced at AED 200 per person, and includes the cooking lessons, as well as lunch, coffee and tea, a bag of goodies, MORE apron and recipe cards.

For bookings call 042633113, email [cooking@morecafe.biz](mailto:cooking@morecafe.biz) or you can visit the website [www.morecafe.biz](http://www.morecafe.biz).

### During the class, you will...

- Learn to prepare a variety of healthy but tasty meal items,
- Understand the science of making pasta
- Learn tips and tricks for making simple salad dressing



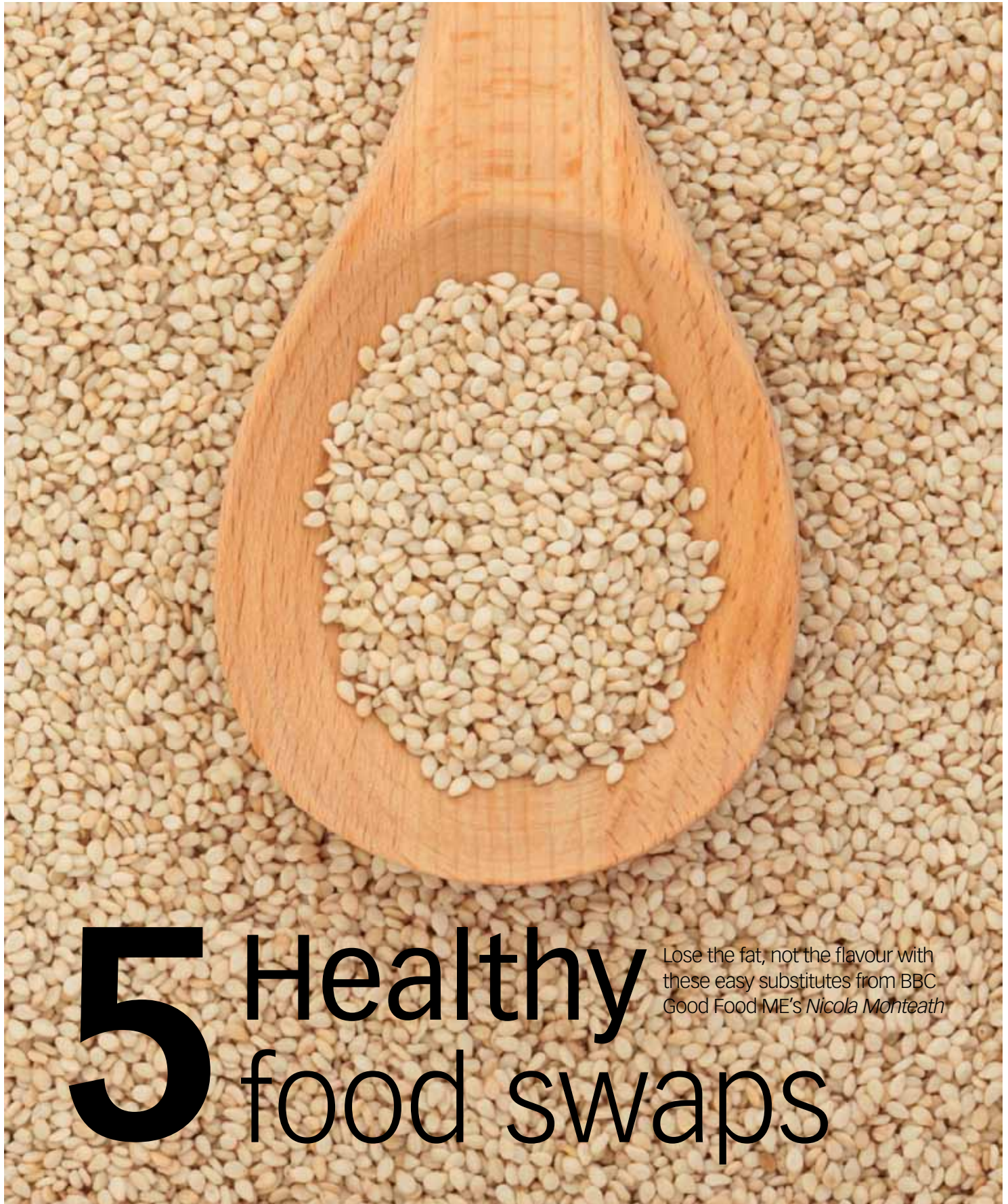
## A dedication to art

MORE supports the creative inspiration of art and this can be seen in a variety of different mediums within the cafes. There are currently over 25 artists who exhibit their artwork in MORE, with most residing in the UAE.

Since MORE first opened back in 2002 the café walls and open space have been a canvas for aspiring artists to display and expose their work. The Managing Partner, Wouter D.K. Lap embraces creativity being a painter himself and having come from an artist's family "It is exciting seeing how someone's personal work can be interwoven into the fabric of MORE's interior"

Most artwork is for sale and you can find on MORE's website [www.morecafe.biz](http://www.morecafe.biz) biographies on each artist. If you are an aspiring artist yourself and would like to exhibit you can express your interest by emailing them at [artist@morecafe.biz](mailto:artist@morecafe.biz).





# 5 Healthy food swaps

Lose the fat, not the flavour with these easy substitutes from BBC Good Food ME's *Nicola Monteath*





## 1 GREEK YOGHURT INSTEAD OF SOUR CREAM

Enjoy the thick and creamy goodness of Greek yoghurt, which isn't only delicious but increases your intake of calcium and protein on a daily basis, that is great for your bones and skin.

Greek yoghurt is known for its bacteria fighting power by improving intestinal health while balancing the digestional tract. Packed with protein and little fat, 1 cup of Greek yoghurt contains about 150 calories when compared to about 327 calories in reduced fat sour cream

**Enjoy:** *Greek yoghurt can be substituted in place of sour cream and mayonnaise for delicious dips. Stir in chopped coriander, black pepper and a squeeze of lemon for a delicious, low-fat dip.*



## 2 SWEET POTATOES INSTEAD OF WHITE POTATOES

Potatoes are a meal in itself, especially when laden with your favourite toppings. Make the switch from white potatoes to sweet potatoes and enjoy a spud for either lunch or dinner.

Sweet potato is a good source of Vitamin A and C as they are immune boosters for our bodies. The beta carotene found in sweet potatoes is known to have cancer-fighting properties too. Each sweet potato contains about 103 calories compared to the white potato that contains around 123 calories.

**Enjoy:** *Top up your spud with a range of healthy toppings such as Greek yoghurt, vegetables, tuna, and pulses. The choices are limitless, just make sure to choose from a range of healthy toppings and avoid unhealthy fats such as butter and sour cream.*



## 3 QUINOA INSTEAD OF COUSCOUS

Quinoa (pronounced keen-wah) is known to be the king of wholemeal grains. With a creamy crunchy sort of texture, this grain is known to help migraines due to its good source of magnesium as well as cardiovascular health benefits. Usually low in cholesterol, quinoa digests slowly and has a low glycaemia index. A cup of quinoa consists of 160 calories, whereas couscous has 176 calories.

Quinoa also contains vitamin B2, vitamin E and iron.

**Enjoy:** *Drizzle a teaspoon of lemon or olive oil over cooled, cooked quinoa with 1 tsp lemon and add to salads for a burst of flavour and nutritional value.*



## 4 OLIVE OIL INSTEAD OF VEGETABLE OIL

Oils can be a significant catalyst for increased cholesterol levels. Vegetable oils consist of unhealthy saturated fats whereas olive oil consists of heart-healthy Omega 3 fatty acids. 1 tbsp of olive oil consists of 119 calories while vegetable oil consists of 124 calories. If cooking with oil, we suggest using canola oil rather than olive, but the way to get the most nutritional value from olive oil is by drizzling cold-pressed extra virgin olive oil over salads.

**Enjoy:** *Create a simple vinaigrette by mixing together 1/4 cup olive oil, 2 tablespoons red wine vinegar, 1 tablespoon Dijon mustard, 1 tablespoon honey, 1/2 teaspoon salt, 1/4 teaspoon black pepper and 1/8 teaspoon nutmeg.*



## 5 DARK CHOCOLATE INSTEAD OF MILK OR WHITE CHOCOLATE

You don't have to sacrifice your sweet tooth cravings by giving up chocolate; just make the switch from white chocolate to dark chocolate (highest possible cocoa content). Dark chocolate consists of flavanoids that are a powerful source of antioxidants, while the delicious taste and intoxicating aroma consists of mood elevating properties. 100g of dark chocolate contains 505 calories whereas white chocolate contains 539 calories. Also, as dark chocolate has a more powerful flavour, you will find that you will only need to eat a little dark chocolate to satisfy your cravings.

Dark Chocolate is known for its maintenance of blood circulation as well as its excellent disease preventing properties, strengthening the body against heart failure, cancer and even strokes. It also contains Vitamin A1, B, C and D.

**Enjoy:** *Bite into a small block of dark chocolate after dinner to gain its health benefits, or crumble dark chocolate to use as chips in cookies or muffins for a healthier alternative to high-sugar milk or white chocolate chips.*

### TIP TO GOOD HEALTH

Swapping high calorie foods for healthier options is great; however keep in mind that portion is still key! Just because a food is lower in calories and fat, doesn't make good to over-consume in large portions.



# CHIC, STYLISH SEAFOOD AT AMWAJ

The captivatingly stylish Amwaj restaurant, Shangri-la Hotel, Dubai, offers guests outstanding fresh seafood in one of Dubai's most chic settings. We meet the recently-appointed Chef de Cuisine Marcello Mereu to learn more about his inspiring dishes

**C**hef Marcello took the culinary helm in the Amwaj kitchen recently with a fresh new menu and a straightforward approach to cooking. Marcello began his working life in his native Sardinia working with famous chefs such as Luca Casadio and Sergio Mei. Marcello then worked in London, Monaco and France before spending the past eight years in Tokyo, Japan. He worked in Michelin-starred BiCE with Andrea Brambilla; Salvatore Ferragamo's restaurant Il Borro; and later at G, owned by Yukio Yokoyama. Chef Marcello most recently worked at Altomond, the upscale Italian eatery in downtown Tokyo as Executive Chef.

Marcello's signature dishes include red snapper sautéed with zucchini cream steamed vegetables and lime espuma; Roasted eel flavor of rosemary green peas sauce and fresh tomato sauce; and squid stuffed with vegetables and almond, with cuttlefish ink sauce and shallot cream.

## **In the kitchen with Chef de Cuisine Marcello Mereu**

### **What inspires you to cook and create new recipes?**

I like to create something new all the time. I keep thinking of ingredient and how they would work with one another. The creative process is exciting and full of discoveries...this is what inspires me.

### **For the superstar recipe on the facing page: the pan-seared salmon – what are your top tips to success so that our readers can master the dish at home?**

The salmon should be a little raw from inside because cooking it too much would make it dry and not taste very good.

### **You joined Amwaj a couple of months ago – how are you enjoying the experience, and what have you brought new to the menu?**

It is interesting to use the local fish in the menu. Dubai is an exciting place to do new things, and you can really push the boundaries. I keep introducing daily specials and I keep changing the menu around. We also have wine dinners and special events where I create new dishes. My favourite event so far was the "food and art" concept where we did a photography exhibition and I created the food inspired by art.

### **What can diners expect when they dine at Amwaj?**

Fresh ingredients, contemporary style of cooking, a relaxed lounge, great music and a chic interior.

### **What are some of your favourite dishes on the menu?**

**What must-try dishes would you recommend to BBC Good Food ME readers?** The superstar - pan-seared salmon; fish and rice dish and Saint Jack.





### **SUPERSTAR**

Pan-seared salmon  
SERVES 1

220g salmon  
4g mixed spices  
15g butter  
2g salt  
20g beetroot  
100g orange  
50g arugula  
15g spring onion  
2g garlic  
5g hoi sin sauce  
2g ginger

**1** Cut 3 pieces of salmon of about 70 grams. Cook for 2 minutes in the pan and continue cooking in the oven at 220 degrees for a few minutes. The salmon must be rare  
**2** Boil the beetroots cut into pieces and cook with a little butter on a pan.  
**3** Cut the ginger into strips and cut the orange into segments.  
**4** On a plate, place the rocket and the salmon. Season with hoisin barbecue sauce, orange and ginger and spring onion, and serve.

**WIN WIN WIN!**

Win dinner for two at Amwaj, Shangri-la Hotel, Dubai (up to the value of AED 600)! To enter the competition, see details on page 4.



### **HATS OFF**

King prawn with fresh mango chutney

450g large king prawns  
40g seaweed salad  
10g micro green  
20g ginger  
80g mango  
20g parsley  
2g black pepper  
3g salt  
20ml olive oil  
10 ml vinegar  
5g sugar

**1** Cut into cubes half 'mango and blend half' mango mix and season with sugar, vinegar and chopped ginger.  
**2** Grill the shrimp until they are cooked.  
**3** Place the mango chutney, shrimps, seaweed salad and micro greens on the centre of the plate.

# Dare to wear red

## FLAUNT A NEW SHAPE AND A NEW SHADE IN JUST 2 WEEKS

There's only one way to wear red – with confidence. So this year, let the **Special K** Challenge help you get in shape and feel great. Simply enjoy a delicious bowl of **Special K** for breakfast, one for lunch, then a healthy balanced meal for dinner. And what better way to enjoy your new, confident figure than by winning an unforgettable **Dreamdays** experience? For details visit [www.specialkchallengeuae.com](http://www.specialkchallengeuae.com)



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# Everyday recipes

- New Year detox
- 5 ways with pulses
- Bring on the breakfast
- Hit your 5-a-day

Skinny pizza  
– recipe, p21






# New Year detox

If you've over-indulged during the festive season, these healthy recipes will help get you back on track again

## Sesame & honey tofu with rice noodles

SERVES 4 • PREP 15 mins •  
COOK 30 mins  Low fat

2 tbsp toasted sesame oil  
396g pack firm tofu, cut into 1 x 3cm sticks, patted dry  
150g/5½oz dried brown rice noodles  
1 tbsp tamari (gluten-free soy sauce)  
2 tsp Chinese five-spice powder  
1 tbsp clear honey  
1 red pepper, thinly sliced  
1 bunch spring onions, cut into fingers  
2 heads pak choi (about 200g/7oz), washed and leaves separated

**1** Heat half the oil in a frying pan over a medium heat. When hot, add the tofu and cook for 5 mins on one side. Turn, then fry for another 3 mins. Continue cooking for 10 mins more, turning regularly – make sure you scrape up any bits that are stuck. Don't worry if it falls apart a little, these pieces become crispy. Remove to a plate and keep warm.

**2** Meanwhile, cook the noodles following pack instructions. Drain and set aside. Make the dressing by mixing ½ tbsp of the remaining oil with the tamari, five-spice powder and honey.

**3** Heat the final ½ tbsp oil in the pan and cook the pepper for 1 min, then

add the onions and pak choi. Toss together for 3 mins, until wilted. Add noodles and half the dressing and mix well. Heat through and divide between 4 bowls. Top with the tofu and drizzle remaining dressing over.

PER SERVING 297 kcals, protein 12g, carbs 40g, fat 11g, sat fat 2g, fibre 3g, sugar 9g, salt 1.22g


### HEALTHY BENEFITS

Tofu is rich in protein and low in fat. An average portion makes a valuable contribution towards your daily calcium requirements and is a good source of energising iron.





# Three bean, tomato & spinach stew

SERVES 4 • PREP 10 mins •  
COOK 20 mins **Easy**  Low fat

1 large onion, finely chopped  
1-2 garlic cloves, crushed  
olive oil  
1 tbsp ground cumin  
400g can chopped tomatoes  
200g can kidney beans,  
rinsed and drained

200g can cannellini beans, rinsed  
and drained  
100g/4oz green beans, chopped  
100g/4oz spinach, washed and  
roughly chopped

**1** Cook the onion and garlic in a little  
olive oil until softened. Add the cumin

and cook for 1 min. Tip in the tomatoes  
with a cup of water and simmer  
for 10 mins, until thickened.

**2** Add all the beans and cook for 5 mins,  
then add the spinach and cook for 5 mins  
more. Serve with crusty brown bread.

PER SERVING 141 kcals, protein 8g, carbs 20g,  
fat 4g, sat fat 1g, fibre 7g, sugar 8g, salt 0.71g

## HEALTHY BENEFITS

The colourful ingredients in this  
stew are rich in carotenoids, which  
are good for your health and your  
looks. Carotenoids, like lycopene  
found in tomatoes, help boost  
immunity, fight cancer and protect  
your skin from ageing.





## Spicy vegetable egg fried rice

SERVES 4 ● PREP 10 mins ●  
COOK 15-20 mins **Easy** Low fat

200g/7oz basmati rice or 400g/14oz leftover cooked rice  
1-2 red chillies, deseeded and grated or very finely chopped  
3 garlic cloves, crushed  
1 tbsp sunflower oil  
2 large carrots, diced  
200g/7oz Chinese cabbage, finely sliced  
2 eggs, lightly beaten  
3 spring onions, sliced  
200g/7oz frozen peas  
1 tbsp soy sauce

**1** If making the rice from scratch, cook it following pack instructions, then drain. Mix the chillies and garlic (in a pestle and mortar, if you have one) with a pinch of salt, to make a paste.  
**2** Heat oil in a wok or large frying pan on a medium-high heat. Add the carrots and stir-fry for 5 mins until tender. Add the cabbage and chilli paste and cook for 1 min more. Tip in the cooked or leftover rice and stir-fry for 1 min until piping hot.

**3** Push the rice mixture to one side of the pan. Add the eggs to the cleared space and scramble until set. Mix in the onions, peas and soy and stir-fry everything together until the peas are hot.

PER SERVING 305 kcals, protein 12g, carbs 52g, fat 7g, sat fat 2g, fibre 6g, sugar 8g, salt 0.84g

**TIP** Mix it up with different veg in your fried rice – broccoli, pak choi, baby corn and mangetout are all great additions.



## Chicory, apple & date salad

SERVES 6 ● PREP 15 mins ● NO COOK  
**Easy** Low fat

3 heads chicory, leaves separated  
3 Medjool dates, pitted and julienned  
100g/4oz watercress, large stalks removed  
1 apple, quartered, cored and thinly sliced  
handful mint leaves  
handful flat-leaf parsley  
**FOR THE DRESSING**  
juice 1 lemon  
5 tbsp olive oil  
2 tbsp white wine vinegar

**1** Put all the salad ingredients into a bowl.  
**2** Whisk all the dressing ingredients together. Just before serving, toss the salad ingredients with the dressing.

Per serving 141 kcals, protein 1g, carbs 12g, fat 10g, sat fat 1g, fibre 2g, sugar 10g, salt 0.03g

### HEALTHY BENEFITS ▲

**Veg like chicory, which have a bitter flavour, play an important part in supporting the liver. This salad is also rich in potassium, which helps manage blood pressure and water balance.**

◆ **Eggs are one of the few food sources of vitamin D, the sunshine vitamin. It helps your body use calcium, which keeps bones and teeth healthy, and also supports your immune system.**

**Natural yoghurt and ground almonds are ► prebiotic foods: these promote the growth of good gut bacteria that support digestion and are important for your immune defences.**



## Creamy korma

SERVES 4 ● PREP 15 mins ●  
COOK 30 mins **Easy** Low fat

1 tbsp vegetable oil  
1 onion, finely chopped  
3 cardamom pods, bashed  
2 tsp each ground cumin and coriander  
½ tsp ground turmeric  
1 green chilli, finely chopped  
1 garlic clove, crushed  
thumb-size piece fresh ginger, peeled and finely chopped  
800g/1lb 12oz mixed vegetables, such as carrots, cauliflower, potato and courgette, chopped  
500ml/18fl oz hot vegetable stock  
200g/7oz frozen peas  
200ml/7fl oz natural yogurt  
2 tbsp ground almonds (optional)  
**TO SERVE**  
toasted flaked almonds, chopped coriander leaves

**1** Heat the oil in a large pan. Cook onion with the dry spices over a low heat for 5-6 mins until the onion is light golden. Add the chilli, garlic and ginger and cook for 1 min, then throw in the mixed vegetables and cook for a further 5 mins.

**2** Pour in the stock and simmer for 10 mins. Add the peas and cook for 3 mins more until the veg are tender.

**3** Remove from the heat and stir through the yogurt and ground almonds, if using. Serve sprinkled with the toasted almonds and coriander.

PER SERVING 257 kcals, protein 10g, carbs 31g, fat 11g, sat fat 5g, fibre 7g, sugar 16g, salt 0.42g



### HEALTHY BENEFITS

This vitamin-rich pizza topping supplies vitamins A, C and K as well as folate. Mozzarella provides protein and is a useful source of vitamin B12, an important vitamin for vegetarians.



### Skinny pizza

SERVES 2 ● PREP 15 mins ●  
COOK 25 mins **Easy**

**1 packet pizza base mix (about 145g)**  
**1 tbsp olive oil**  
**1 garlic clove, crushed**  
**400g can plum tomatoes, drained**  
**½ small ball vegetarian mozzarella, sliced**  
**50g/2oz rocket**  
**vegetarian Parmesan-style cheese shavings, to serve**

**1** Heat oven to 220C/200C fan/gas 7. Make up the pizza base according to pack instructions. Roll out to a large circle (about 22cm) and put on a non-stick baking sheet for 10 mins to puff up a bit.  
**2** Heat a non-stick frying pan with the oil, add the garlic and cook for 1 min. Add the tomatoes, season, then cook, squashing down the tomatoes with a fork, until thickened. Cool.  
**3** Spread the tomatoes over the pizza base and top with mozzarella. Bake for 20 mins until puffed and golden. To serve, scatter over rocket and cheese shavings.  
PER SERVING 360 kcs, protein 15g, carbs 44g, fat 15g, sat fat 5g, fibre 4g, sugar 4g, salt 2.07g

### ADVERTISING FEATURE

# Healthy start with La Tourangelle

Drizzle La Tourangelle Extra Virgin Olive Oils over this Mediterranean sardine salad to enjoy the Omega 3 nutrients



### Mediterranean sardine salad

SERVES 4 ● PREP 15 mins ● NO COOK **Easy** Heart healthy, good source of omega-3 and calcium

**90g bag salad leaves**  
**handful black olives, roughly chopped**  
**1 tbsp capers, drained**  
**2 x 120g cans sardines in tomato sauce, drained and sauce reserved**  
**1 tbsp olive oil**  
**1 tbsp red wine vinegar**

Divide the salad leaves between 4 plates, then sprinkle over the olives and capers. Roughly break up the sardines and add to the salad. Mix the tomato sauce with the oil and vinegar and drizzle over the salad.

PER SERVING 140 kcs, protein 10g, carbs 1g, fat 10g, sat fat 2g, fibre 1g, sugar 1g, salt 0.90g



# 5 ways with pulses

Canned and dried pulses make great storecupboard staples – they're versatile, naturally high in protein and brilliant for bulking out soups and stews

## Harissa-spiced tomato & chickpea stew

SERVES 4 ● PREP 10 mins ● COOK 35 mins **Easy**

**Superhealthy** Good source of vitamin C, counts as 2 of 5-a-day, Low fat.

Fry 1 sliced red onion and 1 sliced and deseeded red pepper in ½ tbsp olive oil for 10 mins until starting to soften. Stir in 2 crushed garlic cloves and 2½ tbsp harissa for 2 mins. Pour in a 400g can chopped tomatoes, 400ml hot vegetable stock, a 400g can drained chickpeas and some seasoning, then simmer for 20 mins.

Remove from the heat and add 1 tsp honey, a good squeeze lemon juice and a small bunch roughly chopped coriander or mint. Serve with couscous.

PER SERVING 137 kcals, protein 7g, carbs 19g, fat 4g, sat fat none, fibre 5g, sugar 8g, salt 0.87g

## Lemony butter bean dip with black pepper pittas

SERVES 6 as an appetiser or part of a meze plate ● PREP 10 mins ● COOK 15 mins **Easy**

**Superhealthy** Counts as 1 of 5-a-day, Low fat. Heat oven to 220C/200C fan/gas 7. Put 3 pittas, torn into pieces, on a baking sheet. Brush with 1 tbsp olive oil and a good grind of black pepper, then bake for 5-6 mins until golden and crisp.

Heat 1 tbsp olive oil in a frying pan, add 4 finely chopped shallots, 2 crushed garlic cloves and 1 tbsp chopped rosemary leaves, and cook for 8-10 mins until soft.

Cool for a few mins, then tip into a food processor with 2 x 400g cans butter beans, drained, zest and juice ½ lemon, 100ml vegetable stock and some salt and pepper. Whizz until smooth, then serve with crisp pittas and a drizzle of olive oil, if you like.

PER SERVING 192 kcals, protein 8g, carbs 31g, fat 5g, sat fat 1g, fibre 5g, sugar 2g, salt 1.31g

## Warm roasted squash & Puy lentil salad

SERVES 4 ● PREP 10 mins ●

COOK 30 mins **Easy**

**Superhealthy** High in fibre, good source of iron, folic acid and vitamin C, counts as 5 of 5-a-day, Low fat.

Heat oven to 200C/180C fan/gas 4. Toss 1kg butternut squash, chunkily diced, with 1 tbsp olive oil, 1 crushed garlic clove, 2 tsp thyme leaves and seasoning. Roast for 25-30 mins or until tender.

Mix together 1 tbsp balsamic vinegar, ½ tbsp olive oil, 1 tsp wholegrain mustard and 1-2 tbsp water. Drain 2 x 400g cans Puy lentils in water and toss with the dressing, ½ sliced red onion, 100g bag spinach and 150g halved cherry tomatoes. Divide the lentils between 4 plates. Top with the squash, then crumble over 40g Cheshire cheese and 1-2 tbsp toasted pumpkin seeds.

PER SERVING 304 kcals, protein 15g, carbs 41g, fat 10g, sat fat 3g, fibre 13g, sugar 15g, salt 0.35g

## Red lentil dhal

SERVES 4 ● PREP 10 mins ● COOK 15 mins

**Easy** **Superhealthy** Good source of iron, counts as 2 of 5-a-day, Low fat.

Put 200g red lentils in a pan with 1 litre water. Bring to a simmer and cook for 15 mins or until tender.

Fry 1 tsp cumin seeds, 1 tsp ground coriander and ½ tsp turmeric in 1 tbsp olive oil for 2 mins. Stir in a thumb-sized piece ginger, grated, 1 chopped onion, 2 deseeded and finely chopped green chillies, 2 chopped tomatoes and 1 crushed garlic clove, and cook for 10 mins.

Drain the lentils, then stir into the onion mix with some seasoning and a small bunch coriander, chopped. Serve with rice or chapatis.

PER SERVING 213 kcals, protein 13g, carbs 33g, fat 4g, sat fat none, fibre 3g, sugar 4g, salt 0.06g







# IT'S MORE THAN JUST HIGH TEA. IT'S THE PERFECT SIGHTSEEING EXPERIENCE.

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\*Rates inclusive of 10% municipality fees. Terms and conditions apply.





**BREAKFAST**

# Hit your 5-a-day

Find it a challenge to eat your 5-a-day? We've created three easy recipes, packed with fruit and veg

## Apple & blueberry bircher

SERVES 4 • PREP 10 mins plus standing • NO COOK **Easy**

**Superhealthy** High in fibre, Low fat, **3 of 5-a-day**

200g/7oz porridge oats  
½ tsp ground cinnamon  
500ml/18fl oz apple juice  
4 apples, grated  
200g/7oz blueberries

Mix the porridge oats with the cinnamon in a large bowl. Stir in the apple juice and grated apples, then gently fold in the blueberries. Allow to stand for 5 mins before serving, or leave overnight and enjoy for breakfast the next day.

PER SERVING 305 kcs, protein 9g, carbs 62g, fat 4g, sat fat 1g, fibre 8g, sugar 29g, salt 0.02g

## Courgette, pea & pesto soup

SERVES 4 • PREP 10 mins • COOK 15 mins **Easy** **Superhealthy** High in fibre, good source of vitamin C and folic acid, **3 of 5-a-day**

1 tbsp olive oil  
1 garlic clove, sliced  
500g/1lb 2oz courgettes, quartered lengthways and chopped  
200g/7oz frozen peas  
400g can cannellini beans, drained and rinsed  
1 litre/1¾ pints hot vegetable stock  
2 tbsp basil pesto

**1** Heat the oil in a large saucepan. Cook the garlic for a few secs, then add the courgettes and cook for 3 mins until they start to soften. Stir in the peas and cannellini beans, pour on the hot stock and cook for a further 3 mins.

**2** Stir the pesto through the soup with some seasoning, then ladle into bowls and serve with crusty brown bread, if you like. Or pop in a flask to take to work.

PER SERVING 200 kcs, protein 12g, carbs 21g, fat 8g, sat fat 2g, fibre 8g, sugar 7g, salt 1.05g

**LUNCH**



**DINNER**

## Tandoori tilapia with spicy sweet potato mash & tomato salad

SERVES 4 • PREP 10 mins • COOK 20 mins **Easy** **Superhealthy** Heart healthy, high in fibre, good source of omega-3, calcium and vitamin C, Low fat, **5 of 5-a-day**

4 x 140g/5oz tilapia fillets  
1 tbsp tandoori paste  
1kg/2lb 4oz sweet potatoes, cut into small chunks  
4 carrots, chopped  
2 garlic cloves, sliced  
1 red chilli, deseeded and chopped  
**FOR THE SALAD**  
8 tomatoes, chopped  
small red onion, thinly sliced  
small bunch coriander, roughly chopped

**1** Coat the tilapia fillets with the tandoori paste and set aside. Put the sweet potatoes, carrots and garlic in a large pan of salted water. Bring to the boil and cook for 10 mins or until tender. Drain well, then allow to steam-dry for a few mins. Add the chilli to the pan and mash everything together with some seasoning. Cover and keep warm.

**2** Heat the grill to high. Grill the tilapia for 8-10 mins or until cooked through. Meanwhile, mix the salad ingredients together and serve alongside the tilapia and mash.

PER SERVING 391 kcs, protein 30g, carbs 64g, fat 4g, sat fat 1g, fibre 9g, sugar 24g, salt 0.73g



# Host a hassle-free party

Hosting a relaxed, stylish party at home doesn't have to be stressful. The Saleh Bin Lahej Group-Hospitality has many options for you to cater with ease



**We speak to Executive Chef of Saleh Bin Lahej Group - Hospitality Division, Mohammed Abd Salam about catering and entertaining at home:**

**S**aleh Bin Lahej Group-Hospitality Division extends its culinary expertise right at the convenience of your fingertips, from party platters delivered at your doorstep to a customised food package with complete catering set-up. Now, you can enjoy celebrating that special occasion without the hassle.

We offer our full range of restaurant menus offering different cuisines, from Chili's (American), Romano's Macaroni Grill (Italian), El Chico (Authentic Mexican), Cantina Laredo (Gourmet Mexican), Black Canyon (Asian) to The Pizza Company (Italian Pizza and Pasta). We create a personalised menu to fit your taste and budget – whatever you need to make that perfect and unforgettable event.

You may inquire from any Saleh Bin Lahej Group-Hospitality Division Restaurant of your choice. Prices depend on the party package. Hosting your party is now made easy, because at Saleh Bin Lahej Group-Hospitality Division, we are in continued pursuit to "Serving You a World of Taste."



**If I am planning a fun, relaxed party for friends, what type of food would you recommend?**

A cocktail and canapés party set-up with a mix of light and finger food dishes will allow you to establish a relaxing mood that encourages a smooth conversation and interaction amongst your party guests.

**What are some of your favourite sharing party dishes? And why?**

I have a favourite party dish in each of our Restaurant brands. I personally like them because their appetisingly colorful and enjoyably mouth-watering not just for adults but also for kids. My favorites are Big Mouth Burger Bites from Chili's, Romano's Sampler consisting of Tomato Bruschetta, Mozzarella Fritta and Calamari by Romano's Macaroni Grill, Top Shelf Fajita of El Chico, Shrimp Cocktail of Cantina Laredo, Pineapple Prawn Fried Rice of Black Canyon and of course the Gourmet Pizza selections of The Pizza Company.

**The presentation is always important with party food – what are some of your top tips to success?**

In making food preparation, you have to consider your party theme or colour motif. Choose a Serving Plate that matches with the theme, you can even consider serving a bite-size food on a spoon. Place some garnish on the dish to make it look fresh and appetising. But make sure not to

over-garnish the dishes. There must be a harmony between colour, texture, shapes and arrangement to form a stylish food presentation. So be creative and innovative.

**How would you describe the catering menu at Chili's?**

Fun, fresh and flavourful.

**If I was having a relaxed canapé birthday party for about 50 people... what dishes would you recommend?**

For a canapé birthday party, I would recommend Antipasti menu items from Romano's Macaroni Grill such as Tomato Bruschetta, Shrimp and Artichoke Dip served with crispy croutons and Mozzarella Fritta, complemented by Chicken, Beef or Shrimp Spiedinis served in skewers.

**Is ordering in from a catering menu a nice, hassle-free way to entertain?**

Yes, it is. Opting for catering is a hassle-free way to entertain, as food preparation and cooking will take so much of your time and effort. Most of the time, by the time you finish preparing for the party, you do not have the energy anymore to enjoy the actual party because you are already exhausted. With the fast-paced busy lifestyle we have, delivery and catering has transformed social gathering, allowing individuals and families to flawlessly throw party and enjoy their time with their friends making it fun and unforgettable.

# Bring on the breakfast



We all know that breakfast is important, but many of us have forgotten exactly why. *BBC Good Food ME* looks at why we really shouldn't be skipping our morning meal

It is a topic that has been touched on since childhood, with the consequences taught to us repeatedly throughout our lives. But still, many of us don't put in the effort to make a healthy, balanced breakfast a part of our daily routine. If coffee is the only form of food you consume early morning, then you might want to read further and re-consider your diet options in order to kick start your New Year's resolutions and lead a healthier lifestyle.

Breakfast, the first meal of the day should be consumed in order for the brain to acquire glucose or blood sugar in order to provide energy and enable it to function at its optimum. The glucose is also needed for other organs and muscles to activate and function at their optimum.

Sugar levels must be maintained throughout the day, and a good breakfast with slow-releasing sugars is important to maintain those glucose levels until lunch time. Without food, or with the wrong types of foods, your sugar levels will peak and drop, causing tiredness, lack of concentration, mood swings as well as other complications.

People often believe that skipping breakfast will reduce their calorie intake for the day and thus aid in weight loss. However, this choice not only leaves the brain and body with a lack of energy, but also leads to hunger pangs by mid-morning that often results in snacking on unhealthy foods, succumbing to cravings and tucking into a heavier lunch that is higher in sugar and fat.

In fact, it has been proven that people who eat breakfast tend to lose more weight over the course of time as their metabolism is sped up, and they tend to have fewer cravings for sugary, high-fat food. A cup of coffee and a croissant isn't a good breakfast, and neither is a bowl of sugary cereal, as it does not provide the substantial nutrients required to sustain your energy and take you through till the next meal. These refined carbohydrates cause your energy and sugar levels to peak and then crash, rather than plateau.

Our body requires a healthy, nutritious breakfast to revitalise our bodies and fuel up the brain. A breakfast complete with whole carbohydrates (avoiding refined sugars and breads), nutrients and proteins will ensure you have energy to last you till your next meal.

People who eat breakfast tend to lose more weight over the course of time as their metabolism is sped up, and they tend to have fewer cravings for sugary, high-fat food

## Some tips on what to choose... and what to lose

### Choose your carbohydrates wisely

Oats, rye bread and millet are complex carbohydrates that are great to eat in the morning. Low GL (glycemic load), these carbohydrates pump glucose slowly into the bloodstream to slowly increase, and therefore maintain, the energy for longer. Choose wholemeal bread in order to increase your daily intake of fibre. Avoid the sugar-rich cereals and always choose wholegrain over white options.

### Plus point for proteins

Proteins such as eggs, fish, nuts and seeds are fantastic food options for the morning. Studies reveal that consuming proteins early morning enhances concentration levels at work and school. Hard boiled eggs are an easy grab-and-go breakfast as they are low in calories and saturated fats as well as packed with Vitamins A, B, D, E and various minerals such as calcium iron, potassium and magnesium.

Milk is another essential food consumed during breakfast, especially since it is a meal in itself; the proteins and calcium help develop children's bones and teeth. Full fat milk is usually preferred by many when compared to skimmed milk; however it is beneficial if the latter is consumed in order to reduce fat intake as well as lower cholesterol levels.

### Vitamins and minerals

Vitamins and minerals should ideally be consumed in every meal of the day in order to ensure that we receive our ideal nutrient intake, and many play an integral part in our health; help prevent deterioration of sight, promote bone growth as well as maintain healthy hair, skin and nails along with other benefits.





### Spring onion and potato cakes with smoked salmon

SERVE 4 • 30 MINUTES • Easy

**WHY IT'S LIGHTER** Using spray oil for frying and half-fat crème fraîche means less fat.

**400g potatoes, peeled and cut into chunks**  
**4 spring onions, finely sliced**  
**spray oil for frying**  
**1 tbsp plain flour, well seasoned**  
**1/2 lemon, zest and juice, plus wedges to serve**  
**2 tbsp half-fat crème fraîche**  
**a handful parsley, finely chopped**  
**1 tbsp hot horseradish or horseradish sauce**  
**200g smoked salmon**

**1** Steam the potatoes until tender, mash with plenty of salt and pepper then stir in the spring onions. Cool then shape into 8 cakes. Dust with the seasoned flour. Spray a non-stick frying pan with spray oil then fry the potato cakes on each side for 4 minutes until golden.  
**2** Mix the lemon juice and zest, crème fraîche and parsley with the horseradish and some seasoning and serve drizzled over the potato cakes and smoked salmon.

PER SERVING 178 kcals, protein 15.7g, carbs 20.3, fat 4.3g, sat fat 1.4g, fibre 2.0g, salt 2.42g

### Skinny granola

SERVE 6 • 15 MINUTES • Easy

**WHY IT'S LIGHTER** Honey and cinnamon add lots of flavour without too many calories.

**75g mixed nuts (almonds, cashews and brazil nuts are good)**  
**100g rolled oats**  
**25g pumpkin seeds**  
**25g sunflower seeds**  
**2 tbsp sunflower oil**  
**1 tsp cinnamon**  
**2 tbsp honey**

Heat the oven to 190C/170C fan/gas 5. Mix the nuts, oats and seeds with the oil and cinnamon and spread out on a non-stick baking tray. Drizzle over the honey then cook for 10-12 minutes until golden. Allow to cool on the tray then store in a jar for up to a month. Serve with yoghurt and fruit.

PER SERVING (OF PLAIN GRANOLA) 239 kcals, protein 6.0g, carbs 17.4, fat 16.6g, sat fat 2.4g, fibre 2.4g, salt 0.01g





## Soft-boiled eggs with pancetta wrapped soldiers

SERVES 2 • 15 MINUTES • **Easy**

**WHY IT'S LIGHTER** Thin cut pancetta is a lighter substitute for streaky bacon.

**6 thin slices pancetta**  
**1-2 thick slices crusty bread,**  
**cut into 6 thick soldiers**  
**2 eggs**

**1** Heat the oven to 200C/180C fan/gas 6. Wrap pancetta slices around the soldiers then put on a non-stick baking sheet and cook for 10 minutes until the bread is golden and the pancetta is crisp.

**2** Meanwhile, add the eggs to boiling water and cook for 4 1/2 minutes, for a soft-boiled egg. Drain then serve with pancetta soldiers to dunk.

PER SERVING 228 kcals, protein 14.1g, carbs 15.2, fat 12.9g, sat fat 3.8g, fibre 0.5g, salt 1.20g

## Easy breakfast solutions

Finding a healthy yet delicious food to grab on the way out isn't always easy (especially first thing in the morning). *BBC GOOD FOOD ME*, recommends stocking these essential items in your pantry. Eggs, Whole grain bread, cottage cheese, fresh fruit and cereals make a variety of delicious breakfast options, just use your creativity and create a healthy breakfast in under five minutes, below are a few ideas to get you started this week.



• **Breakfast smoothies:** 1 cup skim milk or Greek yoghurt blended with ½ cup fruit and 1 tsp wheat germ, sprinkle with nuts and you're ready to head out!

• **Muffins:** Split open a small bran muffin and top with your favourite fruit, seeds and a dollop of Greek yoghurt.





• **Eggs on toast:** Boiled or scrambled egg with a sprinkle of pepper on wholemeal toast.



# A great way to wake up

Everyone knows breakfast is the most important meal of the day. Why not start your day right with this delicious egg dish and a mug of Continental Coffee

## Spicy tomato baked eggs

SERVES 2 ● PREP 5 mins ● COO K about 20 mins **Easy**  Sauce only  Good source of iron, folic acid and vitamin C, counts as 2 of 5-a-day

*Vary this dish by flavouring the simple tomato sauce with whatever you have to hand – curry powder, pesto or fresh herbs.*

**1** tbsp olive oil  
**2** red onions, chopped  
**1** red chilli, deseeded and finely chopped  
**1** garlic clove, sliced  
 small bunch coriander, stalks and leaves chopped separately  
**2** x 400g cans cherry tomatoes  
**1** tsp caster sugar  
**4** eggs

**1** Heat the oil in a frying pan that has a lid, then soften the onions, chilli, garlic and coriander stalks for 5 mins until soft. Stir in the tomatoes and sugar, then bubble for 8-10 mins until thick. Can be frozen for 1 month.  
**2** Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with crusty bread.

PER SERVING 340 kcalories, protein 21g, carbohydrate 21g, fat 20g, saturated fat 5g, fibre 6g, sugar 17g, salt 1.25g



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# Health & Wellbeing

Cook and eat well this month with practical advice from nutritionist *Kerry Torrens*

## Brainy breakfast for kids (and you)

Get off to school with a good start by giving your kids a healthy morning send-off. Skipping breakfast or loading up on high-sugar cereals can lead to poor concentration, energy slumps and mood swings. A nutritious breakfast provides a balance of slow-releasing energy, brain-friendly fats and protein to keep hunger at bay until lunchtime.

- **Eggs are excellent brain food**, whether boiled or beaten lightly to make scrambled eggs, French toast, an omelette or a frittata.



- **Short of time?** Toast wholemeal bread and top with no-added-sugar nut butters, such as peanut, cashew or almond. Other energy-boosting toast toppers include soft cheese, lean ham, mashed banana or baked beans.

- **Cosy porridge** A bowl of porridge is packed with complex carbs for steady release of energy. Add seasonal fruit, a dollop of yogurt and finish with a sprinkle of flaked almonds.



- **When they won't eat anything.** Stock up on frozen berries and whizz up a smoothie, by blending with milk or yogurt. Add a spoonful each of ground almonds and oats to help stabilise blood sugar levels.

- **No time to eat?** Pack them off with pocket food, like a banana, a small pack of oatcakes, cheese slices and a fresh juice or smoothie.

**TAKE CARE** Under-5s should avoid whole nuts and seeds because they may present a choking risk.



### Not to be sneezed at

Black pepper not only adds flavour to food, it also has several health benefits, including lowering cholesterol and fighting infections. A grind or two of pepper promotes digestion, keeps the liver healthy and, thanks to its active ingredient piperine, may protect against cancer. More good reasons to go easy on salt and pick up the pepper mill instead.



### Be safe with sprouts

Following E.coli outbreaks in England, the Food Standards Agency has revised its guidance on sprouted seeds such as alfalfa, mung bean and fenugreek. It now advises us to add sprouts early in the cooking process and to ensure they're cooked thoroughly until steaming hot; they shouldn't be served raw. If you sprout your own seeds, make sure you clean the equipment scrupulously and always wash your hands after handling seeds.



Make a simple swap

for

It's a myth that eating veg raw is always better for you. In the case of carrots, cooking them increases your absorption of beta-carotene, which your body converts to vitamin A for healthy skin, eyesight and a strong immune system. Better still, boiling carrots whole or in large chunks retains more of another valuable antioxidant, falcarinol. Simply slice, chop or mash just before serving.



## Go nuts for them

Rich in heart-friendly fats as well as vitamin E, folate, magnesium, zinc and selenium – it's easy to see why nuts are so good for us. Some are particularly helpful for our health, so stock up on the best ones for you:

**Walnuts** The best bet if you want to lower your cholesterol – just a handful a day will reduce the 'bad' cholesterol, which furs the arteries. Walnuts also increase insulin sensitivity, making them useful for people with poor blood-sugar control. Other nuts with cholesterol-lowering ability are pistachios, monkey nuts (not a true nut) and pecans.



**Almonds** Snack on these for strong bones. Not only are almonds richer in calcium than other nuts, they also supply the magnesium your body needs to use calcium effectively. Or, choose walnuts, Brazil nuts or cashews.

**Brazil nuts** One of the richest sources of immune-supportive selenium, just 2-4 of these nuts a day will help to boost your immunity. They're also an excellent choice for men concerned about fertility and prostate health. Other good choices include cashews and pistachios.



**Chestnuts** Like to nibble on nuts but worried about your weight? Choose chestnuts, which are lower in fat and calories than other nuts. Or, pick hazelnuts and almonds.

**Macadamias** Eating these may help to improve memory and concentration as they are a good source of omega-3, 6 and 9 fatty acids, which are important for brain function. Also try walnuts and almonds.



- Don't be put off by the calorie count, as generally the health benefits of nuts outweigh this. Stick to a portion the size of a golf ball and enjoy as a snack, or add to stir-fries or curries. Choose fresh nuts where you can and avoid salted, dry-roasted or sugar-coated ones.



### And so to bed...

If overseas travel has disturbed your sleep, pop a few kiwi fruit in your shopping basket. A recent study reports that eating two, an hour before bed, helps you to sleep better and longer.

## ADD AN APPLE

An apple a day really does have its benefits. Apples contain ursolic acid, a compound that helps prevent muscle loss, so adding an apple or two to your regular diet just might keep you toned and lean.



## 5 FEEL-GOOD MEALS

Eat your way out of the post-holiday blues with these good-mood meals. Rich in tryptophan, the building block for serotonin (the feel-good brain chemical), and vitamin D, they also supply slow-releasing energy to keep your mood stable and reduce comfort craving.

- 1 Oat porridge, milk and a banana.
- 2 Scrambled eggs on rye toast with grilled tomatoes.
- 3 Baked potato with cottage cheese.
- 4 Chicken in a mushroom sauce with brown rice and greens.
- 5 Fish pies with smoked salmon, prawns & dill.



## Make a simple swap



Hob

for

Microwave



Steaming veg rather than boiling helps conserve water-soluble vitamins like vitamin C, but microwave steaming is even better. Broccoli, for example, retains as much as 90% of its vitamin C when steamed in a microwave, and it won't lose its valuable anti-cancer compounds either.

Simply place the veg in a microwave-safe bowl, add a small amount of water, cover with non-PVC cling film and cook following the manufacturer's instructions.

EVERYDAY

# Eat well all week

Stay on track even when you're busy,  
with these good-for-you recipes

Spicy and satisfying

Recipes and food styling KATY GREENWOOD | Photographs SIAN IRVINE | Styling SUE ROWLANDS




MONEY  
WISE

EVERYDAY

Quick, filling and  
full of flavour

### Vegetable & bean chilli

SERVES 4 ● PREP 10 mins ●

COOK 30-35 mins **Easy**  

**Superhealthy** High in fibre, good source of iron, folic acid & vitamin C, counts as 5 of 5-a-day, Low fat

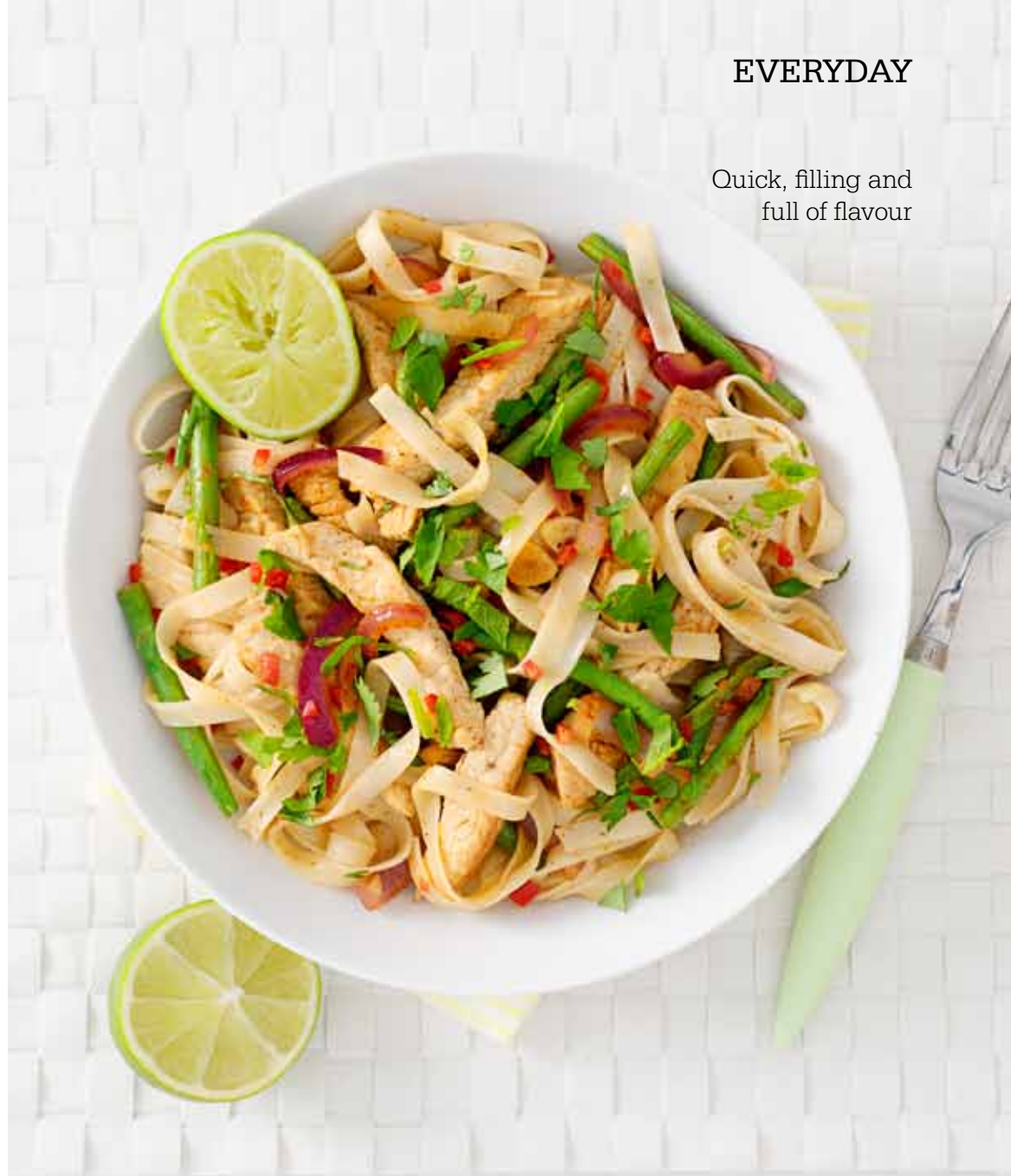
- 1 tbsp olive oil
- 1 garlic clove, finely chopped
- thumb-sized piece ginger, finely chopped
- 1 large onion, chopped
- 2 courgettes, diced
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- 1 tbsp chilli powder
- 100g/4oz red lentils, washed and drained
- 1 tbsp tomato purée
- 2 x 400g cans chopped tomatoes
- 195g can sweetcorn, drained
- 420g can butter beans, drained
- 400g can kidney beans in water, drained

**1** Heat the oil in a large pan. Cook the garlic, ginger, onion, courgettes and peppers for about 5 mins until starting to soften. Add the chilli powder and cook for 1 min more.

**2** Stir in the lentils, tomato purée, tomatoes and 250ml water. Bring to the boil and cook for 15-20 mins.



**3** Add the sweetcorn and beans, and cook for a further 10 mins.

PER SERVING 361 kcal, protein 21g, carbs 61g, fat 6g, sat fat 10g, fibre 13g, sugar 21g, salt 1.34g



### Thai turkey stir-fry

SERVES 4 ● PREP 10 mins ●

COOK 10-15 mins **Easy**   **Superhealthy**  
Counts as 1 of 5-a-day, Low fat

- 300g/11oz rice noodles
- 1 tsp sunflower oil
- 400g/14oz turkey breast, cut into thin strips and any fat removed
- 340g/12oz green beans, trimmed and halved
- 1 red onion, sliced
- 2 garlic cloves, sliced
- juice 1 lime, plus extra wedges for serving
- 1 tsp chilli powder
- 1 red chilli, finely chopped

- 1 tbsp fish sauce
- handful mint, roughly chopped
- handful coriander, roughly chopped

**1** Cook the rice noodles following pack instructions. Heat the oil in a non-stick pan and fry the turkey over a high heat for 2 mins. Add the beans, onion and garlic, and cook for a further 5 mins.  
**2** Stir in the lime juice, chilli powder, fresh chilli and fish sauce, then cook for **3** mins more. Stir in the noodles and herbs, then toss everything together before serving.

PER SERVING 425 kcal, protein 32g, carbs 71g, fat 3g, sat fat 1g, fibre 4g, sugar 4g, salt 0.92g

## EVERYDAY

### Keema curry & raita

SERVES 4 ● PREP 10-15 mins

● COOK 25-30 mins **Easy** ❄️

**Superhealthy** Good source of iron, counts as 2 of 5-a-day, Low fat

1 onion, chopped

400g/14oz lean beef mince

340g/12oz frozen peas

handful fresh coriander, chopped

brown rice, to serve (optional)

#### FOR THE PASTE

1 green chilli, deseeded and chopped

2 garlic cloves, chopped

thumb-sized piece ginger, chopped

½ tsp each turmeric and ground coriander

1 tbsp korma curry powder

#### FOR THE RAITA

200g/7oz fat-free natural yogurt

100g/4oz cucumber, peeled, deseeded and diced

handful fresh mint, chopped

**1** Whizz together the ingredients for the paste in a blender or food processor – add a splash of water if you need.

**2** Cook the onion in a splash of water for about 5 mins until softened. Stir in the mince and cook for another 5 mins to brown. Add the paste, cook for 1 min, then pour in 100ml water. Bring to the boil and simmer for 15 mins.

**3** Meanwhile, mix together the raita ingredients and season to taste.

When the mince is cooked, season and stir through the fresh coriander. Serve with the raita and brown rice, if you like.

PER SERVING 289 kcals, protein 31g, carbs 17g, fat 11g, sat fat 5g, fibre 5g, sugar 8g, salt 0.39g



Freezes well

Simple one-pot



### Baked fennel pork with lemony potatoes & onions

SERVES 4 ● PREP 15 MINS ●

COOK 50 MINS **Easy** ❄️ **Superhealthy**

High in fibre, good source of folic acid & vitamin C, counts as 2 of 5-a-day, Low fat

2 tbsp fennel seeds

1 tbsp olive oil

4 pork loin steaks, trimmed of fat

1 large onion, sliced

2 garlic cloves, thinly sliced

750g/1lb 10oz baby new potatoes, halved lengthways

2 fennel bulbs, thinly sliced, green fronds reserved

juice 2 lemons

340g/12oz broccoli, broken into florets

**1** Crush the fennel seeds lightly in a pestle and mortar. Mix with half the

oil and a little seasoning. Rub into the pork and set aside.

**2** Heat oven to 200C/180C fan/gas 6. Heat remaining oil in a shallow ovenproof dish. Soften the onion and garlic for about 5 mins, then tip in the potatoes and brown for a few mins. Add the fennel, lemon juice and about 100ml water. Season, cover with the lid and cook in the oven for 35 mins.

**3** Remove the lid, stir the potatoes and place the meat on top. Return to the oven, uncovered, and cook for another 10 mins or until the pork is cooked to your liking. Meanwhile, cook the broccoli.

**4** Scatter over the reserved fennel fronds and serve with the broccoli.


PER SERVING 407 kcals, protein 40g, carbs 40g, fat 11g, sat fat 3g, fibre 7g, sugar 8g, salt 0.33g



Heart-healthy supper



**Grilled mackerel with soy,  
lime & ginger**

SERVES 2 • PREP 10 MINS PLUS  
MARINATING • COOK 15 MINS 

**Superhealthy** Heart healthy, good  
source of omega-3 & vitamin C,  
counts as 1 of 5-a-day

300g/11oz mackerel  
100g/4oz jasmine rice  
4 spring onions, sliced  
1 red pepper, deseeded and diced  
For the marinade  
1 tbsp low-sodium soy sauce  
juice 1 lime  
small piece fresh ginger, grated  
1 garlic clove, crushed  
2 tbsp honey

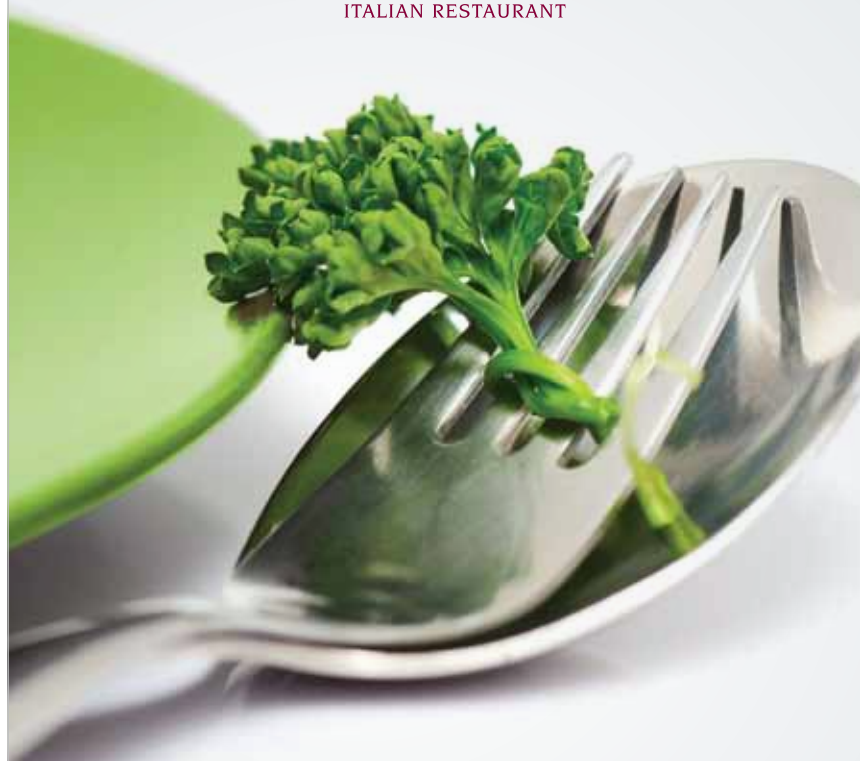
**1** To make the marinade, mix all the  
ingredients together and pour over the  
mackerel. Cover and chill for 30 mins.

**2** Heat grill and put the mackerel,  
skin- side up, on a baking sheet lined  
with foil. Grill for 5 mins, then turn and  
baste with remaining marinade. Grill  
for 5 mins more.

**3** Cook the rice following pack  
instructions, then drain and toss with  
the spring onions and pepper. Serve  
with the mackerel.

PER SERVING 587 kcals, protein 33g, carbs 61g,  
fat 25g, sat fat 5g, fibre 1g, sugar 17g, salt 1.10g

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# Certo goes Organic

Every New Year is full of good intentions and resolutions hence the team at Certo has come up with a special set menu this January, offering healthy alternative food choices. **Chef Daniele** will be scouting the markets for organic products and integrate them in his favourite recipes.

To complement the healthy dishes, our sommelier Madan will be sourcing organic grapes to complete your dining experience.

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# Just sweet enough

Cut back on refined sugar

Satisfy your craving for a sweet snack by baking this healthier treat that's packed with good-for-you ingredients

Most of us eat too much refined sugar, which is most often found in confectionery, cakes and biscuits. It's also commonly added to some savoury sauces and ready meals. Eating (and drinking) high-sugar foods not only causes tooth decay, but may lead to weight gain, heart disease and diabetes.

Eating, too many sweet foods will affect your appetite by causing sugar cravings, making you less likely to eat more nutritious foods and proper meals. Refined sugars, which include table sugar, high fructose corn syrup, glucose and glucose syrups, contribute energy in the form of empty calories – they supply no other nutrients.

A popular alternative is fruit sugar. It's sweeter than sugar so you need less, but weight for weight it supplies the same amount in calories and, like sugar, it supplies no other nutrients.

## What to use instead

Go for naturally sweet ingredients, such as fresh, frozen or dried fruits like apricots, dates and figs. Stewed fruits, puréed dates or grated sweet vegetables, such as carrots, and parsnips, all work well in bakes and cakes.

Other sources of sweetness are honey, dark and blackstrap molasses, golden syrup and brown demerara sugar. They contribute small amounts of vitamins and minerals, but are still very high in calories and should be used sparingly.

## Choose local honey

Our traybake recipe is sweetened with honey and fruit. If you use locally-bought raw honey, you will also benefit from small amounts of additional nutrients, plus the traybake will store well due to the natural preservatives in the honey.

## Honey hints

- When replacing sugar with honey, remember that the honey is sweeter so you'll need less weight for weight, and because honey is a liquid you'll need to reduce other fluids in the recipe by about one-fifth.
- When measuring, coat the spoon with a thin layer of oil so the honey slides off easily with minimum wastage.
- Store at room temperature to stop your honey crystallising. If it starts to crystallise, pop the pot in a bowl of hot water.

Raw unprocessed honey contains small amounts of natural enzymes, vitamins, minerals, antioxidants and anti-bacterials, as well as local pollens that are thought to help de-sensitise hay-fever sufferers.

Processed shop-bought honey is typically heated to high temperatures and subject to ultra-filtration, which removes many benefits.

Check out your local farmers' market or farm shop for unprocessed honey.

## Raspberry oat traybake

CUTS INTO 16 SLICES • PREP 15 MINS • COOK 12 MINS Easy

**150g punnet fresh raspberries**  
**50g/2oz butter, plus extra for greasing**  
**75g/3oz clear honey**  
**200g/7oz rolled oats**  
**50g/2oz ground almonds**  
**½ tsp almond extract**

**1** Heat oven to 220C/200C fan/gas 7. Grease a 20cm x 20cm baking tray. Mash the raspberries roughly in a bowl and set aside.

**2** In a medium saucepan, melt the butter and honey with a pinch of salt. Take off the heat, then stir in the oats, ground almonds and almond extract. Mix until they are coated in the butter and honey mixture.

**3** Press half the oat mix in an even layer in the baking tray. Spread the mashed raspberries on top, then spoon the remaining oats on top and smooth with the back of a spoon. Bake for 10-12 mins or until golden. Remove from the oven and leave to cool before slicing into 16.

PER SERVING 111 kcals, protein 2g, carbs 13g, fat 6g, sat fat 2g, fibre 1g, sugar 4g, salt 0.06g





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\*Source: GfK 41 Countries - June 2011

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EVERYDAY

# Fabulous fish

We love to cook with fish and seafood at this time of year. These dishes are light but still satisfying – eat them outside when it's cool, but sunny

Clam, chorizo & white bean stew



Photographs PETER CASSIDY | Food styling IZZIE HARRIS | Styling JENNY IGGLEDEN | Wine notes SARAH JANE EVANS





## Clam, chorizo & white bean stew

SERVES 2 ● PREP 15 MINS ●

COOK 20 MINS **Easy** Low fat

*The spicy kick of Spanish chorizo works brilliantly with seafood.*

**50g/2oz chorizo, diced**  
**1 onion, finely chopped**  
**1 garlic clove, crushed**  
**small bunch flat-leaf parsley, half finely chopped, half roughly chopped**  
**200ml/7fl oz hot stock, fish or vegetable**  
**400g can chopped tomatoes**  
**400g can butter beans or other white beans, rinsed and drained**  
**1 tsp Sherry vinegar**  
**600g/1lb 5oz clams, cleaned**  
**crusty bread, to serve**

**1** Fry the chorizo in a large frying pan with a lid, over a medium heat until it is starting to crisp up and release its oil. Add the onion and cook for 5 mins until starting to soften. Then add the garlic and finely chopped parsley, and fry for 1 min more.

**2** Pour on the stock and tomatoes. Bring to the boil, reduce the heat, then add the beans and Sherry vinegar. Simmer for 10 mins until the liquid is slightly reduced.

**3** Scatter over the clams, cover with the lid and steam for 2-4 mins, shaking the pan occasionally until the clams are open. Have a little taste before seasoning, as the clams can be quite salty. Then scatter over the chopped parsley. Eat with lots of crusty bread.

PER SERVING 285 kcals, protein 28g, carbs 27g, fat 8g, sat fat 3g, fibre 9g, sugar 10g, salt 2.82g

### GET AHEAD

The crab cakes can be made up to a day ahead – just chill after step 4, then continue with the recipe as above the next day.



## Crab cakes with dill mayonnaise

SERVES 4 ● PREP 15 MINS PLUS

CHILLING ● COOK 30 MINS **Easy**

**250g/9oz potatoes, diced**  
**300g/11oz white crabmeat**  
**1 tbsp capers, drained and finely chopped**  
**2 spring onions, finely chopped**  
**zest and juice 1 lemon, plus extra wedges to serve**  
**small bunch dill, finely chopped**  
**4 tbsp good-quality mayonnaise**  
**2 tbsp plain flour**  
**1 egg, lightly beaten**  
**85g/3oz dried breadcrumbs**  
**sunflower oil, for shallow frying**

**1** Boil the potatoes in a large pan of salted water for about 15 mins, drain, then return to the pan and leave to steam dry for about 5 mins. Mash, then leave to cool.

**2** In a large bowl mix the crabmeat,

capers, spring onions, lemon zest and half the juice with half the dill. Stir in the mashed potato with some seasoning, then shape into 12 neat round patties. Transfer these to a plate and put in the fridge for 20 mins to firm up.

**3** To make the dill mayonnaise, mix the mayo with the remaining lemon juice and dill. Put this in the fridge for later.

**4** Put the flour, egg and breadcrumbs on 3 separate plates. Dust the crab cakes all over with the flour, then dip into the egg and finally coat with breadcrumbs.

**5** Add enough sunflower oil to a shallow frying pan to come about 1cm up the side. Heat the oil, then carefully slide the crab cakes in; you might have to do this in batches. Cook for about 3 mins on each side until they are crisp and golden. Drain on kitchen paper. At this point you can pop the crab cakes into the oven to keep warm – or serve right away with dill mayonnaise and extra lemon wedges.

PER SERVING 448 kcals, protein 21g, carbs 33g, fat 27g, sat fat 4g, fibre 2g, sugar 2g, salt 1.65g



## Hot tea-smoked trout with new potato & rocket salad

SERVES 4 • PREP 10 MINS •  
COOK 25 MINS **Easy** **Superhealthy**  
Good source of omega-3 and vit C

**500g/1lb 2oz baby new potatoes,**  
larger ones halved  
**1 tsp Dijon mustard**  
**2 tbsp olive oil**  
**1 tbsp white wine vinegar**  
**4 spring onions, sliced**  
**10 tea bags (not herbal ones)**  
**50g/2oz demerara sugar**  
**50g/2oz long-grain rice**  
**4 fresh trout, about 280g-350g/  
10-12oz, gutted and heads removed**  
**100g bag rocket**

**1** Boil the potatoes in a large pan of salted water for about 15 mins. Drain well in a colander and allow them to steam dry for 5 mins.  
**2** To make the dressing: mix the mustard, olive oil and vinegar with some seasoning. Stir in the spring onions, then pour the mixture over the warm potatoes and allow to cool.  
**3** To make the smoking mixture, split the tea bags and empty the leaves into a bowl with the sugar and rice. Line a deep roasting tin with foil, tip the smoking mix on top and cover with another piece of foil. Place the tin onto the hob over a medium heat until it starts to smoke a little.  
**4** Once you see smoke escaping, put the trout on top with a little bit of seasoning and cover with more foil, trapping the smoke inside. Lower the heat and leave to smoke for 20-22 mins until the trout is cooked – it should flake away from the bone when it is done.  
**5** Add the rocket to the potato salad and gently stir to coat in the dressing. Divide between 4 plates and serve with the trout.

PER SERVING 393 kcals, protein 46g, carbs 21g, fat 14g, sat fat 3g, fibre none, sugar none, salt none

### TIP

To cook the trout on the barbecue, wait for the coals to turn ashy grey, then pop the tin on the grill and follow the recipe, above.







## Eat Well Feel Well by Daniel Green

World renowned healthy eating expert and TV celebrity Chef Daniel Green will grace the kitchens of Dusit Thani Dubai from 5th to 9th February to introduce healthy dishes that will form part of the restaurant's menu.

Sample great tasting gourmet meals at Delicatessen and The Californian restaurant or book a table for the Gala Dinner in Al Wasl Ballroom on 8th February and embrace a healthy lifestyle.

**Rates:**

AED 395 per person inclusive of a 6-Course Gala Dinner\* menu and selected house beverages in Al Wasl Ballroom

AED 125 per person inclusive of Themed Nights Buffet and soft beverages at The Californian restaurant

Visit Dusit Thani Dubai facebook page to participate in the competition and get a chance to win a Gala Dinner for two or a private homecooking for six with Chef Daniel Green.

*\*Amazing prizes to be won at the Gala Dinner*

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# Changing Diabetes

Novo Nordisk's Changing Diabetes Village took place from 5 to 7 December 2011 at Mall of the Emirates Dubai. A fantastic initiative highlighting how healthy eating and regular exercise can help prevent and manage diabetes, *BBC Good Food ME* speaks to Novo Nordisk's Jesper Høiland, senior vice president International Operations and Mads Bo Larsen, vice president, Africa, Gulf and India to find out more

body is not under good glycaemic control, or if your glucose levels aren't managed. You have to aim at getting the glucose level, sugar level in your blood; try to get it as near normal as a non-diabetic patient, that is crucial to avoid long-term complications.

## How can you manage your diabetes through lifestyle?

**Jesper Høiland:** With diabetes type 2 it is, to a high degree, associated with lifestyle, and there are two main components. One is food intake – eat a healthy, well-balanced diet and to avoid too many calories being consumed, that is one balance you have to look at. The other is exercise and upbringing if you will. Exercise is important, because this balances the glucose intake, and by building up muscle mass you will have a greater chance of preventing diabetes. And then of course, not only what you eat, but also what you drink. Often this is not thought about.

UAE is having one of the highest prevalence or highest numbers of patients with diabetes. It is estimated today that in the Middle East & North Africa (MENA) region and specifically in the UAE that one in five adults are suffering from diabetes. With that said, it is a global phenomenon too, a global pandemic we are facing



Suzanne Hussein presented healthy cooking demonstrations for people who visited the Novo Nordisk Changing Diabetes Village

## Can you explain the difference between type 1 and type 2 diabetes?

**Jesper Høiland:** There are two types of diabetes. There is Type 1 diabetes, where basically you don't produce any insulin in your pancreas. This is a rare disease in the Middle East, and you see this far more in the northern parts of the hemisphere, meaning in Finland, Denmark, as you get closer to the North Pole or South Pole. In this part of the world, 99% of the people suffering from diabetes, have type 2. In

type 2 diabetes, the pancreas produces insufficient quantities of insulin and/or the insulin has a reduced effect.

## Is it a myth that type 2 diabetes isn't as serious as type 1 diabetes?

**Jesper Høiland:** Yes, it is one of the misunderstandings when talking about diabetes. People do believe that type 2 diabetes is not that serious, but it is associated with exactly the same complications as type 1 diabetes. If your

Of course juices are healthy, but only in small portions. Because of its high sugar content, it is a very easy intake of carbohydrates.

## Why has diabetes become such a pandemic, worldwide?

**Jesper Høiland:** Our lifestyle has changed dramatically. Physically – we sit more in cars, we take escalators rather than stairs, and we don't work to get our food. Exercise and physical activity is now not a natural part of our day-to-day lifestyle, and food



comes in over-proportions too. I do believe that the buffet-style of food is causing more dangers, too because the eyes and the stomach don't always coordinate that well and so you tend to eat more than you should. Also the size of the plate, in many cultures it used to be 25 centimetres in diameter, but now today we see it is 35 centimetres or even 40 to 45 centimetres, so again we eat too much, it's not about being full, it's about being over full.

**And specifically in the UAE, what are some of the causes in the rapid increase of the prevalence of diabetes?**

**Mads Bo Larsen:** The country just had its 40 year anniversary, so if you go back 40 years to 1971, you look at what people looked like then and they look totally different to what they look like today. Why is this? They were living off dates, rice, fish, a meager diet that was also very healthy. Then, in a very very short space of time this country has moved to a situation where it is the total opposite - with an abundance of food, abundance of nice, air-conditioned cars and not much regular physical activity, so no one gets any natural exercise. So that in the short period – 40 years is a short time – there is a dramatic change and this has a major influence of the prevalence of diabetes, and that is a problem.

**Is this prevalence and dramatic increase in the UAE different to the rest of the world, or is it on par with what is happening globally?**

**Jesper Høiland:** The UAE is having one of the highest prevalence or highest numbers of patients with diabetes. It is estimated today that in the Middle East & North Africa (MENA) region and specifically in the UAE that one in five adults are suffering from diabetes. With that said, it is a global phenomenon too, a global pandemic we are facing.

We estimate today that there is 200 to 360 million people with diabetes in the world and in twenty years from now, the latest data revealed from IDF (International Diabetes Federation) indicates that 550 million people will suffer from diabetes and that means that one in ten adults globally will suffer from diabetes, so it's not only in

the UAE, but world-wide. But, in the UAE it is one-in-five. And what is more alarming is that we estimate that 39 percent of people in the Emirates are at risk of developing diabetes, which is on top of the 19.2 percent that suffers from it already today.

**What are some of the complications that people can suffer if their diabetes isn't managed properly?**

**Jesper Høiland:** It is estimated that 79 percent of cardiac arrests or cardiac attacks in diabetics, are associated with diabetes, and even higher percentages with complications like blindness, amputations, kidney failures, nerve problems, so on average. 80% of people suffering from diabetes will be associated with these types of long-term complications.

We call diabetes a silent killer, because it doesn't kill people as quickly as other diseases, but it is silent because it can kill you in a relatively short period of time if you are not under good glycemic control. And that's from the side effects. It is estimated that 10 million people are dying prematurely every year around the world because of diabetes. A person passes away every 8 seconds because of diabetes.

**Is this often because people don't know they have diabetes, and aren't managing it, or do people know about it, but can't manage it properly?**

**Jesper Høiland:** A very high proportion of people suffering from diabetes, don't know it. We estimate that at least 50 percent (we are talking about something called the rule of halves) so we say out of the population, we think that at least 50% do get diagnosed at a certain point of time, but it is typically due to the side-effects from diabetes - tiredness, and then they go to the doctor, the doctor takes their glucose levels and in a split second they can have an idea that he is confronted with a diabetic. If he has this suspicion, he will then do more rigorous testing to see if the person is in fact diabetic.

**What are some of your tips for people to firstly try and prevent diabetes?**

**Jesper Høiland:** Eat with moderation. It is easier said than done; we all know it, and then do more day to day activities –



Mads Bo Larsen



Jesper Høiland



that can change your life. I recommend it to everyone, to do it at a very early age. Start to do it with your children – make sure that they are active with their life. A lot of things need to be done with children and it is difficult in this part of the world because of the heat and all the air-conditioned environments.

Change your lifestyle, this is doctor's advice, I would also say. I have seen great improvement in people using a coach or using someone that can mentor you to help you and direct your diet. This helps directing you in your daily life, because it's not easy. We are living a life where everything is in excess.

**And then if you have been diagnosed with diabetes type 2, how can you manage the disease properly?**

**Mads Bo Larsen:** One thing is prevention, but the whole issue of treatment for people that have diabetes.

Along with the right medication, you can manage diabetes with diet and exercise and you can take it a long way, no problem with that, but this requires a lot of discipline, it requires that even when you get yourself to 50-55 years of age, you need to keep yourself slim, fit, healthy, but not everyone has this discipline, so if you're loosening up on disciplined, your diabetes will increase.

The medical treatment is very important and the intensification of treatment is important to a patient who will develop the complications. Now we know that diabetics can lead a near-normal life, and have as long life expectancy than a person without

diabetes, and that does require that you intensify treatments, go to a new level of treatment when your blood sugar levels start getting too high.

**With the Changing Diabetes campaign at Mall of the Emirates that took place last month, what did you hope to achieve?**

**Mads Bo Larsen:** First of all, we wanted to get a lot of awareness about diabetes to the people of the UAE. We want to give our contribution to the understanding of diabetes. We did blood sugar testing, we talked about the necessity of monitoring your blood glucose levels once in a while and we talk about nutrition. If you have diabetes and are on treatment, we want to talk about what the right foods to eat are so that you lose weight and can manage the diabetes better. It is a misconception that you can just cut out sugar and you won't get diabetes, I would even say that you can eat sugar in moderation, in balance. It is not a matter of what you eat, but how much you eat, everything needs to be in balance and moderation.



A simple blood-glucose test can indicate whether your blood glucose levels are too high



“With diabetes type 2 it is, to a high degree, associated with lifestyle, and there are two main components. One is food intake – eat a healthy, well-balanced diet and to avoid too many calories being consumed... The other is exercise; it is important, because this balances the glucose intake, and by building up muscle mass you will have a greater chance of preventing diabetes”

**Suzanne Husseini on diabetes**

**As part of Novo Nordisk Changing Diabetes Village, Suzanne Husseini inspired visitors with her healthy, well-balanced cooking. Suzanne, talks to us about preventing diabetes in children through lifestyle and nutrition...**

Type 2 diabetes has become a world pandemic. What used to be called Adult-onset Diabetes has earned the name of being type 2 as it no longer just inflicts adults. The statistics of children being diagnosed with it is frightening. In the UAE particularly, 20% of the population will be inflicted with type 2 diabetes and so many are young children.

This is truly a crisis as children don't make the choices to eat in an unhealthy way. Parents are responsible for their diets. They need to be offered wholesome, healthy options from the minute they start to eat solid food. They need to acquire the taste for real food and not the fast food that has invaded the UAE.

Sugary soft drinks and sweet fruit juices are so prevalent in their diets as well, which is one of the main reasons for the increase in childhood obesity, which leads to type 2 diabetes. A major lifestyle change has to happen to reverse and prevent this disease and chart a new path.

My undying message is always to welcome your children into the kitchen to be part of the cooking process. The sooner the better. Children need to touch real food, smell it and ultimately eat it... They will acquire a taste for the way food is meant to taste. Processed fast food distorts the flavours with their added fats, salt and sugar. They will be hypnotised by those artificial foods if they are not introduced to the real thing.

Cooking with your children will teach them priceless lessons. They will understand that good quality food is made at home and requires some effort.

At as young as three years of age, children can tear lettuce, squeeze lemons, sprinkle herbs, and work with dough. They can do anything if you allow them. It gives them a sense of pride to have participated in preparing a meal.

Ultimately 'Love' happens in the kitchen and your children will fall in love with real food and relish in its preparation. They will want to eat it.

And, as a parent you have made the most important connection and that is to teach your child how to eat to be healthy for the rest of his life. That's love!

**The Changing Diabetes Village that took place from 5 to 7 December 2011, and the activities included free blood sugar tests, healthy cooking demonstrations by Suzanne Husseini, a football show with players from the UAE national team, kinetic sports games and dance activities.**



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# Doing it for the kids!

Healthy food for kids has never been this much fun. *BBC Good Food ME* presents three colourful, nutritious recipes your children will love

**I**bn Battuta Gate Hotel Dubai recently launched Power Bites, a fun, healthy children's menu that encourages kids to stay away from junk food and enjoy fresh, natural flavours. With the staggering prevalence of children with type 2 Diabetes and obesity in the UAE, it is so important to instill good eating habits in children from a young age. These recipes are imaginative and inspiring; we hope you enjoy creating them at home.

Creamy, nutritious  
macaroni makeover





**Mushroom, fava bean, cherry tomato, creamy mild cheddar cheese sauce, baked macaroni**

SERVES 2 • 20 MINUTES PREPARATION

120g macaroni, cooked and drained  
30g cheddar cheese, grated  
100g spinach leaves  
20g fava beans  
60ml cream  
20g tomato  
5g sea salt  
pinch of pepper  
50g mushrooms, quartered  
10ml olive oil  
10g cherry tomatoes, quartered

**1** Heat olive oil in a pan, sauté the quartered mushrooms, fava beans, quartered cherry tomato, season with salt and pepper.

**2** Add cream in the same pan and allow it to reduce a bit, stir in the spinach leaves and allow it to wilt.

**3** Continue adding the macaroni and toss to coat. Check for seasoning.

**4** Place it in a bowl and spread generously with grated cheese and bake it in a pre heated oven 180C for 3-4 minutes. Serve hot.

Nutritional value: Per Serving: 904 Calories; 37g Fat (36.5% calories from fat); 33g Protein; 112g Carbohydrate; 11g Dietary Fiber; 85mg Cholesterol; 2162mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 6 Fat.

“A classic, total comfort food for your kids and a good source of vitamin D and essential minerals. Keeps your li'l Popeye craving for more...”





### Dragon fruit, prawn and mango salad mint, lemongrass vinaigrette

SERVES 2 • PREPARATION TIME: 20 MINS

100g dragon fruit, scooped  
10g mint leaves, julienned  
200g shrimp, blanched and deveined  
20g baby spinach leaves  
50g red radish, thinly sliced  
20ml lemon juice  
10g lemon grass, finely chopped  
60ml olive oil  
3g sea salt  
pinch of pepper

**1** For the vinaigrette: Place lemon juice, salt, pepper and a touch of sugar in a bowl and whisk.

**2** Pour the olive oil and continue whisking till it forms an emulsion. Add the finely chopped lemon grass and leave it to infuse.

**3** For the salad: In a bowl place the dragon fruit balls, blanched prawns, sliced red radish, julienned mint, baby spinach leaves.

**4** Season with sea salt and freshly crushed pepper, drizzle the vinaigrette toss and serve.

Nutritional value: Per Serving: 355 Calories; 29g Fat (73.8% calories from fat); 20g Protein; 3g Carbohydrate; 1g Dietary Fiber; 152mg Cholesterol; 714mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat.

6 *The perfect afternoon treat, your children will think this smoothie is a sweet rather than a healthy snack* 9

### Banana organic honey smoothie

SERVES 1

2 bananas, peeled and diced  
2 tbsp honey  
120ml yoghurt

Blend all the ingredients in a blender till smooth. Serve cold.

Nutritional value: Per Serving: 422 Calories; 5g Fat (10.1% calories from fat); 7g Protein; 96g Carbohydrate; 6g Dietary Fiber; 16mg Cholesterol; 62mg Sodium. Exchanges: 3 1/2 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 2 1/2 Other Carbohydrates.





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# Racing to compete



Just as the dust settles on the Yas Marina Circuit, *Dave Reeder* catches up with newly-appointed executive chef Michel Jost of the Yas Viceroy in Abu Dhabi to find out more about the direction of the rebranded hotel

In a real feat of daring and split second timing, just three weeks after the announcement that Yas Hotel by Aldar was to become the Yas Viceroy, the hotel management pulled off a rebranding and partial reorganisation ready for the Abu Dhabi F1 week.

More major changes will become apparent over the next twelve months, but for executive chef Michel Jost it was a very challenging and exhilarating three weeks. Fresh into the job, after relocating from Europe, he fine-tuned menus and prepared for the arrival of celebrity chefs from the US and France. Failure was not an option, especially with the impending arrival of the high-profile F1 teams and eager fans.



## Now you've survived your baptism of fire, what's next on the agenda for you here at the hotel?

We want to offer what nobody else can. We'll keep asking the question 'can we improve?' because we want the best feedback to gain a position as one of the leaders in regional dining. We'll be looking at and refreshing each of our outlets, to make sure they match the excitement of the hotel's design and location. We also want to bring in more visiting chefs - the two who have just been with us (Executive Chef Mirko Padern of Oliverio at Avalon Beverly Hills and 2-star Michelin chef Jacques Pourcel from Jardin des Sens in Montpellier) were pre-booked before the rebranding - and we expect to be very visible during February's Gourmet Abu Dhabi.

## Do you have any unusual food passions when you're not cooking professionally?

No, I'm fairly normal, I think! However, I do have a passion for bio foods and really believe you should feed kids on it so they understand what real food tastes like. Try this: eat something like bio cornflakes for a couple of months and then see that when you go back to non-bio, the food will taste completely wrong!







**You've had a busy few weeks, I think?**

Yes, but it's been worth it. This is the most amazing hotel around - fresh, new, inspiring and full of life. I mean, where else would have you an F1 track passing through the hotel!

**What's your key approach to food and developing new dishes?**

The main thing is not to reinvent just for the sake of it. Sure, it's about creativity and honesty. In another field, look at the iPhone or iPad - aesthetically stunning, a pleasure to use and very stylish. As chefs we have to be creative - especially here, where you see an aesthetic in every aspect of the hotel. Yas Viceroy is very design driven as you see, which creates a real atmosphere. So our food concepts need to be totally creative too. There's no point in going just half way; that just doesn't work.

**Does the aesthetic of the hotel make your job harder?**

Well, simplicity is the ultimate challenge, especially if the food needs to be inspiring. However, we always need to listen to the customer and understand why they come here. The customer is giving me time, putting trust in me and what I deliver.

**Are diners getting more sophisticated in terms of food knowledge, do you think?**

Absolutely, if they're well travelled. They're knowledgeable and they want to understand where their food comes from. As you know, many chefs are now turning away from some popular products because of sustainability concerns and I believe that sensible customers understand that and approve. It's all really about education and I think schools need to take a bigger part in the process of developing food knowledge. Of course, the Internet has changed everything - people are thinking, interacting, researching and collecting information. It's easy now for customers to get all the information they want.

**Is sourcing an issue for you?**

Not at all. There are flights from Paris every day and our geography does not affect produce availability. It's important to me that we are able to trace all our foods. I'd like to use more local produce and I think as an industry we could be doing more to promote local farmers - the food can be fresher, it's better for the environment and it can help to promote rural tourism.



Signature restaurant, Nautilus, Yas Viceroy



## Recipes from Nautilus

Nautilus is an award-winning seafood restaurant at the Yas Viceroy Hotel. Ultra-modern in design, it features a pure white interior and floor to ceiling windows offering spectacular views of Yas Marina.

### Crab cocktail with fennel sorbet

SERVES 4

#### INGREDIENTS FOR CRAB SALAD:

280g crab meat  
70g fresh tomatoes, diced  
10g ripe avocado  
15g gherkins  
6g capers  
salt, to taste  
3g black peppercorns, crushed  
½ lemon, juiced  
40g mixed lettuce  
5 sprigs fresh coriander leaves

#### INGREDIENTS FOR COCKTAIL SAUCE:

100g mayonnaise  
40g tomato ketchup  
¼ tsp paprika powder  
10ml Tabasco sauce  
¼ lemon, juiced  
fine sea salt, to taste

#### INGREDIENTS FOR FENNEL SORBET

1l water  
200g fresh fennel bulb  
15g fennel seeds  
250g liquid glucose  
200g sugar  
15g stabiliser/gel glaze

#### INGREDIENTS FOR FENNEL CRISP

50g fennel (thinly sliced)  
150ml water  
40g sugar

20ml corn oil

2 sheets parchment paper

#### INGREDIENTS FOR DRESSING

250ml balsamic vinegar reduction

50ml red pepper oil

30ml basil oil

**1** FOR THE COCKTAIL SAUCE: Mix all the ingredients and blend with a balloon whisk.

**2** FOR THE CRAB SALAD, add the crab meat to the capers, gherkins, chives, diced tomatoes and avocado. Season it and add the lemon juice. Then add the cocktail sauce and fold well.

Finally, place the salad in a ring mould and top it with the mixed lettuce and coriander leaves

**3** FOR THE FENNEL SORBET: Heat the water, remove from the flame and let it cool until it's lukewarm. Then, add the fresh fennel and fennel seeds, cover and let it get cool. Then blend and strain it through a fine sieve, add the

sugar, liquid glucose and stabiliser and blend it again. Churn this mixture in a sorbetier and serve frozen with a fennel crisp on top.

**4** FOR THE FENNEL CRISP: Use a mandolin to cut the fennel bulb into thin slices. Make a thin syrup with the water and sugar and then dip the slices in it. Arrange two sheets of butter paper between two stainless steel trays. Place the fennel in between and bake it at 70 degrees C for 12 mins. Keep in a warm dry place.

**5** TO SERVE: On a round white plate, place the crab salad in a ring mould and top it with the mixed herbs and lettuce. Drizzle the balsamic reduction in uneven spots around the crab salad. Scoop the sorbet and place a fennel crisp on top.





## Red snapper with yabby tail, scallops and lemon emulsion

SERVES 4

### INGREDIENTS FOR RED SNAPPER

800g red snapper fillet (scaled and pin boned)

sea salt flakes, to taste

black peppercorns(crushed), to taste

¼ tsp lemon juice

20g butter

40ml extra virgin olive oil

### INGREDIENTS FOR LEMON EMULSION

240g yabby tail, peeled

160g scallop, cleaned

¼ lemon, juiced

5g curly parsley

150g tomato

### INGREDIENTS FOR KENYA BEANS

200g Kenya beans

10g salted butter

1 garlic clove, peeled

30g shallots

black peppercorns(crushed), to taste

### FOR PLATING

30g cherry tomatoes

5g mixed herbs

**1** For the red snapper, marinate the fish fillet with salt, black peppercorns and olive oil. Grill the fish (skin side down) on a hot grill, as soon as there are grill marks,

turn it over onto a stainless steel plate and top with butter, lemon juice and finish it in a 160 degree C oven for three minutes.

**2** For the lemon emulsion, clean and peel the yabby tail and cut it lengthwise. Cut the scallop meat lengthwise along the grain of the meat. Poach the tomato then peel skin off. Dice it into neat cubes. In a pan, melt the butter then add in the yabbies, scallops and sauté. Mix in the lemon juice and nape the meat constantly. Finish off with chopped parsley, diced tomatoes and a touch of crushed peppercorns.

**3** For the Kenya beans, cut the strings on the side of the beans. Blanch them in hot water then flash chill them in ice water. Strain and place in an absorbent cloth. Heat the butter in a pan then add in the chopped shallots and sauté till translucent. Toss the beans and finish with crushed black peppercorns.

**4** To serve, on a warm plate, place the beans in the centre. Arrange the lemon emulsion around it and garnish with mixed herbs and cherry tomatoes. Place the hot snapper in the centre and mount with the remaining of the emulsion.

[Note: Yabbies are small freshwater crayfish from Australia]



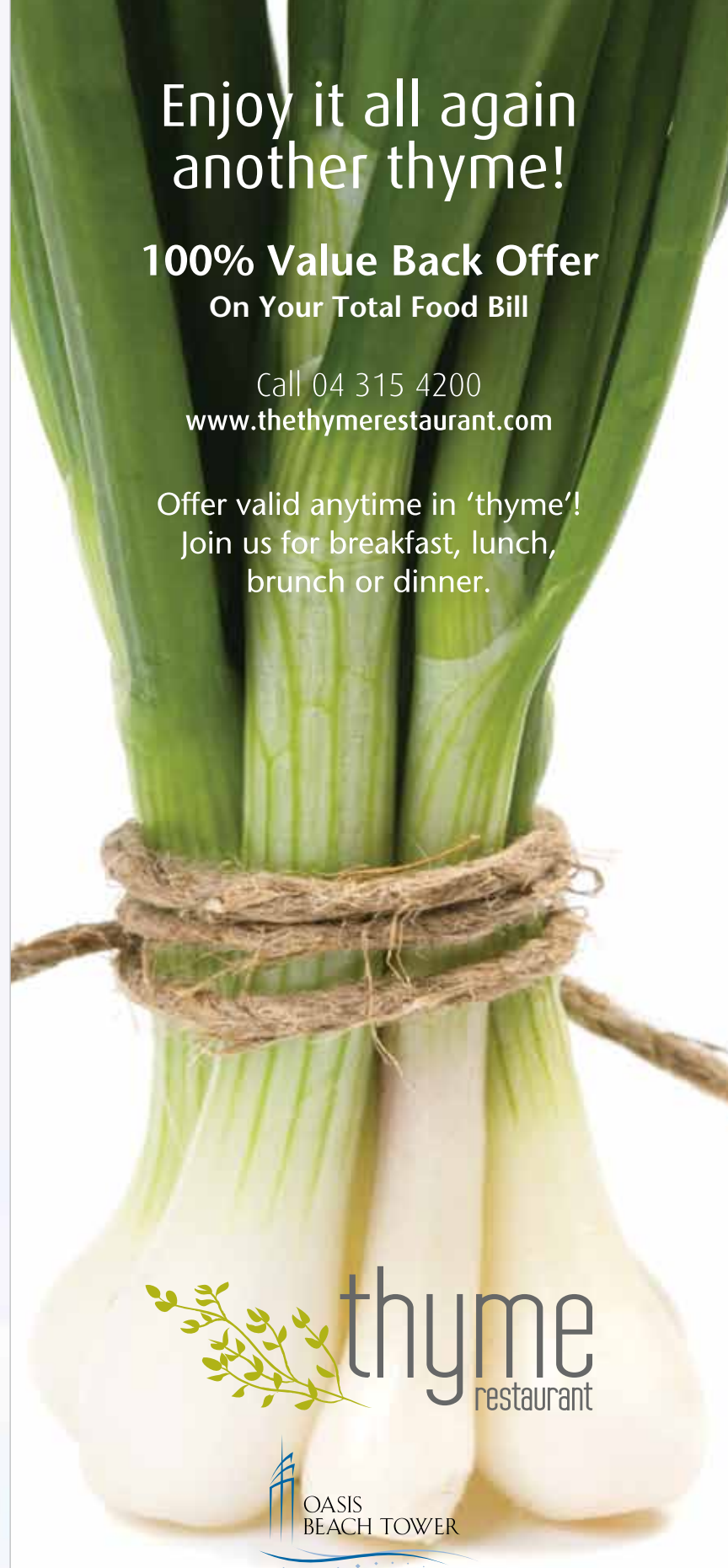
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**Al Qasr Hotel**, Madinat Jumeirah  
**Westin Mina Seyahi Beach Resort & Spa Dubai**  
**Spectrum on One**, Fairmont Dubai  
**Traiteur**, Park Hyatt Dubai

#### BEST CAFÉ

**More Café**, Dubai  
**Lime Tree Café**, Dubai  
**Jones the Grocer**, Abu Dhabi  
**Bloomsbury's Café**, Abu Dhabi

#### BEST STEAKHOUSE

**Ruth's Chris Steakhouse**,  
The Monarch Dubai  
**JW's Steakhouse**, JW Marriot Dubai  
**Prime Steakhouse**, Meydan  
**Rhodes Twenty10**, Le Royal Meridien

#### BEST FAMILY/CASUAL

**Carluccio's**, Dubai  
**Ping Pong**, The Dubai Mall  
**The Noodle House**, Dubai

#### BEST LATIN AMERICAN

**Asado, The Palace** – The Old Town  
**Maya**, Le Royal Meridien Dubai  
**Pachanga**, Hilton Dubai Jumeirah  
**La Parilla**, Jumeirah Beach Hotel

#### BEST INDIAN

**Chor Bazaar**, Ibn Battuta Gate  
**Indego by Vineet**,  
Grosvenor House Dubai  
**IZ**, Grand Hyatt Dubai  
**Mahec**, Le Meridien Dubai

#### BEST MEDITERRANEAN

**BiCE**, Hilton Jumeirah Beach  
**Elia Greek Restaurant**,  
Majestic Hotel Dubai  
**Medzo**, Wafi, Oud Metha

#### BEST ASIAN

**Benjarong**, Dusit Thani Dubai  
**Zuma**, DIFC  
**Okku**, The Monarch Dubai  
**Hakkasan**, Emirates Palace Abu Dhabi  
**Blue Elephant**, Al Bustan Rotana

#### BEST MIDDLE EAST & NORTH AFRICAN (MENA)

**Al Hadheerah**, Bab Al Shams Desert  
Resort & Spa  
**Shabestan**, Radisson Blu,  
Dubai Deira  
**Al Nafoorah**, Jumeirah Zabeel Saray  
**Ewaan, The Palace** – The Old Town



#### BEST EUROPEAN

**La Petite Maison**, DIFC  
**Reflets Par Pierre Gagnaire**,  
InterContinental Dubai Festival City  
**Rhodes Mezzanine**,  
Grosvenor House Dubai  
**Rivington Grill**, Souk Al Bahar

#### BEST NEW RESTAURANT

**Toro Toro**, Grosvenor House Dubai,  
Tower 2  
**Voi**, Jumeirah Zabeel Saray  
**Table 9**, Hilton Dubai Deira Creek  
**Stay by Yannick Alleno**, One&Only  
The Palm Jumeirah

#### RESTAURANT OF THE YEAR

**La Petite Maison**, DIFC  
**Reflets Par Pierre Gagnaire**,  
InterContinental Dubai Festival City  
**Zuma**, DIFC  
**Okku**, The Monarch Dubai

**Congratulations to the finalists and thank you to all the passionate foodies who nominated; the response has been overwhelming.**

In the next stage, our elite panel of independent judges will be dining out anonymously and voting for their favourite finalists based on stringent criteria.

For more details visit [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com)

The nominations for our INGREDIENTS categories and CHEF OF THE YEAR category closed on 25 December. The finalists in these categories will be announced online in early January.

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## Do you want to attend the most high-profile food awards in the UAE?

On 21 February 2012, at The Ritz-Carlton, Dubai International Finance Centre (DIFC) we will have the glittering BBC Good Food ME Awards; a festive celebration of the finalists and winners.

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# Don't be a bartender, be a mixologist

Paris-based liquid chef Laurent Greco, is a renowned mixology specialist who has been working with Perrier for two years. *BBC Good Food ME* meets up with Greco on his recent visit to Dubai to find out more about the art of cocktail making



Mixologist, Laurent Greco



The Magic Perrier cocktail with candyfloss

**WHAT IS MIXOLOGY?** What we call mixology is the art of cocktail making, but it is more than this. It is a state of mind for a bartender when we work. It is about always thinking about customers and thinking about how you can create and serve cocktails in different ways. We are always trying to surprise our customers; when you come to this point of reflection, then you can call yourself a mixologist.

**IS MIXOLOGY A NEW TREND?** The name is a new name, but the concept of what we now call mixology has been around for 70 years. It is just that now we can see a lot more people called mixologists. It is those bartenders that went a step further and they go into more about thinking of customers, bringing new ideas all the time and really getting into the art of cocktail making. It is also about being more efficient for the customers.

**WHAT ARE THE KEY ELEMENTS OF MIXOLOGY?** The flavours, how you present the drink, the taste, the story you are going to bring around the drink. You need a short story to introduce the drink and serve it – that is what we call mixology. Eyes first, then nose and mouth; it is a sensory experience.

**WHAT INSPIRES YOU TO CREATE NEW RECIPES, LIKE THE ONES YOU HAVE CREATED FOR THE MIXOLOGY BY PERRIER BOOKS?** Everything! Everything is an inspiration, but for this programme, we use Perrier as the main ingredient. We want people to serve Perrier as the main ingredients of the cocktail and construct a story around Perrier, so that it is an experience when you have a Perrier cocktail served.

**SO WHY PERRIER; DOES IT LEND ITSELF WELL TO COCKTAIL MAKING?** Perrier has two important key elements: it is the most sparkling water you can find on the market, so it has a lot of gas, and it also has a low mineral content, so it doesn't bring any flavour or extra taste to the drink, which is exactly what I am looking for.

**WHAT ARE SOME OF THE NEW IDEAS IN PROFESSIONAL COCKTAIL MAKING?** There is smoke injection, where we are injecting flavoured smoke into the drink, which changes the flavour. We also have disappearing techniques, making things disappear and reappear. It is a magic show in a way, it is what we call molecular mixology – basically we change textures, so from a solid it turns to a liquid in front of the customer's eyes, from liquid to solid – so it's no longer a cocktail you drink, but a cocktail you eat. We try to bring new sensations – flavours, of course – but the texture too.

**AND TRENDS, HOW HAS COCKTAIL MAKING CHANGED IN THE LAST TWENTY YEARS?** We always use muddled fresh fruit, rather than mixers. We are in 2012, so we have finished the era of mixers, everything needs to be fresh. This is pushing creativity and the taste is very real. Fresh lemon juice has fresh lemon juice taste – you can't get that out of a bottle.

**WHAT INGREDIENTS DO YOU ENJOY WORKING WITH?** Fresh ginger was definitely my ingredient of the year! Fresh herbs, fresh ingredients – that is always the best tip for the base of a good cocktail.

**FOR PEOPLE AT HOME, WHAT ARE SOME TIPS TO MAKING A GREAT COCKTAIL?** It really comes down to the simplest things. If you like to drink Perrier for example, you might usually place a slice of lemon in your glass. But you can do something a bit different – why not place a nice piece of fresh ginger in the glass instead of the lemon, or a slice of cucumber; the flavours are great.





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Like a scene straight out of an Arabian fairytale, Al Hadheerah Desert Restaurant is the place to experience traditional fare amid rolling sand dunes. Here the mood of old Arabia is captured perfectly through the lively entertainment of belly dancers, henna artists, live bands and falcon displays.

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THE MEYDAN  
A DESTINATION HOTEL



# Sweet alternative

Ariana Bundy, the author of *Sweet Alternative*, a cookbook packed with gluten- and egg-free recipes presents some delicious bakes for our healthy issue

• These shortbread cookies are shaped like flowers, and because they are made with pure chickpea flour they are packed with protein. They contain no eggs and are melt-in-the-mouth tender and soft •

## Flower power

MAKES 35 - 40

*These shortbread cookies are shaped like flowers, and because they are made with pure chickpea flour they are packed with protein. They contain no eggs and are melt-in-the-mouth tender and soft. This is a traditional Persian recipe that's served at special ceremonies such as weddings and New Year. They're incredibly easy to prepare and last for months stored in the freezer.*

**450g/1 lb/4 cups fine roasted chickpea flour**  
**350 g/12 oz/11/2 cups unrefined golden caster (superfine) sugar**  
**21/2 tsp vanilla sugar**  
**115 g/4 oz/1/2 cup coconut butter or ghee**  
**3 tbsps slivered pistachio nuts, for decoration**

**1** If you can't find roasted chickpea flour, simply place the unroasted flour on a baking tray and bake in a 180°C/350°F/ gas mark 4 oven for about 12–15 minutes or until golden.

**2** The next step can be done either by hand or with a KitchenAid (or other food mixer) fitted with a paddle. Place the caster sugar, vanilla sugar and coconut butter or ghee in the mixing bowl and mix for about 2–3 minutes (or 5 minutes by hand) until pale and creamy.

**3** Add the chickpea flour and mix for a further 3 minutes or until a dough forms. Don't be tempted to add any liquid – a dough will form eventually. Place the dough on a floured board and





knead for another minute or so until it is no longer sticky. Line a baking tray with baking parchment and push and flatten the dough so that it is about 2.5cm/1 inch thick.

**4** Place in the refrigerator for at least 1 hour.

**5** Meanwhile, preheat the oven to 150°C/300°F/gas mark 2. Line a baking tray with a silicon liner, or get a non-stick baking tray ready. Take the dough out of the refrigerator and cut out clover-leaves or flowers. Place them on the prepared baking tray – they won't rise or spread much, so leave just 1–2 cm/an inch or so between them. Bake them in the preheated oven for about 25–30 minutes.

**6** Don't allow the cookies to colour – check them underneath, and if they're golden and slightly pinkish, they're done. Take them out of the oven and push one pistachio sliver into the middle of each cookie. Leave to cool completely before removing them from the tray or they will crumble. They keep for about one month in the refrigerator or three months in the freezer.

## Cooking with Ariana

### What are some of your top tips to gluten-free baking?

Don't overmix. Fold batter with a light hand, bake as much you need and be creative. Think about mouth-feel, textures and try to recreate all the things you've been missing. This is what I tried to do with my book *Sweet Alternative*. It contains all the things I grew up with such as chocolate chip cookies, muffins, French Macarons, tarts as well as dairy-free versions of creamy ice creams, smooth airy mousses, luscious Dulce de Leche, custardy flans. The perfect example is my Fraisier recipe – a fluffy, rich Genoise cake, moistened with syrup, spread with silky smooth Creme Anglaise studded with vanilla and layered with fresh ripe strawberries bursting with flavour. You couldn't tell the difference; no one would guess that it's gluten-free. With recipes like these you can really have your cake and eat it too!

### If you are craving something sweet, what are some good, healthier alternatives to calorific treats and desserts?

Another title to my book should have read 'low calorie, healthy desserts', because I only use healthy ingredients such as rice milk (low in fat), olive oil, extra virgin coconut oil (excellent health properties), buckwheat flour (a fabulous source of fibre and antioxidants), and raw sugar. I've also used Konjac noodles instead of rice noodles in a classic Persian recipe called Faloudeh (a fragrant granita also known in the Asian world as Falouda etc). It's made from a root vegetable which has zero calories, is pure soluble fibre and one of

Japanese women's secret for staying trim. Closer to home, Nigella Lawson has recently incorporated Konjac into her diet and exercise plan which helped her to dramatically lose weight!

### What inspires you to bake and cook?

After studying business and working in marketing for an Haute Couture House in Paris, I hit a wall when I realised I just wasn't fulfilled with what I was doing. I loved eating and entertaining friends and had watched my restaurateur father run his classic French restaurant in Beverly Hills, so a light bulb went off! I attended Cordon Bleu in Paris and met all the other food crazy people and came to realize that my obsession is shared!

And what inspires me to put on the apron now; I get inspired when I see a nice piece of meat or a fresh vegetable in season. Smells also inspire me to get into the kitchen and whip something up.

### You are launching your book *Pomegranates & Roses* very soon, can you tell me a bit about it?

My next book *Pomegranates & Roses: My Persian Family Recipes* (Simon & Schuster) is mostly filled with gluten- and dairy-free recipes; and you can replace the butter in some of the dishes. A whole new world of different, delicious and easy to make recipes will open up to those who struggle with searching for new meals to cook for themselves and their families!

### What is your guilty food pleasure?

Too many to mention! Unlimited ice cream, crème brulee, decadent cookies, chocolate covered dried fruits, anything with coconut, and my own natural Nutella recipe straight from the spoon!

Food  
Club  
Event

# Cosy winter recipe from The Gramercy

Chef Andrew Paderas, from The Gramercy, DIFC cooked up a festive culinary storm at the gorgeous Miele Gallery last month. This was the last Food Club event of 2011, and we hope you enjoy cooking up this wonderful winter turkey with all the trimmings







## Sage-infused slow roasted turkey

1-1.5 kg turkey breast  
100g softened butter  
Few leaves of sage  
1 onion  
1 garlic clove  
1 stalk celery  
Salt, to season  
Pepper, to season

- 1 Preheat the oven to 450 degrees.
- 2 Soften the butter, finely chop the sage and mix in with the softened butter.
- 3 Season the turkey with salt and pepper.
- 4 Carefully pipe the sage butter under the skin and spread evenly. Tie the turkey to avoid spilling.
- 5 Roughly chop some onion, garlic, celery and some herbs and put in a roasting pan.
- 6 Set the turkey on top of the chopped aromatics, add some water to produce some steam and roast for 45 minutes or until done. Internal temperature should reach 160degrees.

## Parmesan-crusted roast potato

1kg potato  
3 tbsp olive oil  
1 tbsp butter  
Few sprigs of rosemary

$\frac{3}{4}$  cup parmesan cheese  
Salt, to season  
Pepper, to season

- 1 Preheat the oven to 400 degrees.
- 2 Peel and cut the potatoes into your desired thickness.
- 3 Boil until almost tender and drain the water thoroughly.
- 4 In a hot pan, drizzle the oil and butter; add rosemary and potatoes, sauté until it turns brown.
- 5 Season with salt and pepper. Transfer potatoes to a hot tray and sprinkle with parmesan. Shake the pan before putting in the oven. Turn sprouts and roast until brown in colour.

## Sauteed brussel sprouts

500g brussels sprout  
2 tbsp olive oil  
1 tbsp butter  
Splash of red vinegar  
Salt, to season  
Pepper, to season

- 1 Boil salted water.
- 2 Trim the sprouts and remove the discolored leaves. Score the bottom stalk.
- 3 Boil for about 3-5 minutes or until tender and drain thoroughly.
- 4 In a hot pan, sprinkle the oil and butter; add the sprouts and sautee for a minute.
- 5 Remove sprouts, splash some vinegar and add salt and pepper.

## Bread and apple stuffing

1 onion, finely chopped  
 $\frac{1}{3}$  cup butter  
2 green apples, diced  
4 cups bread cubes  
2-3 eggs, beaten  
1 tbsp sage  
Chicken or turkey stock  
Salt, to taste  
Pepper, to taste

- 1 In a pan, melt the butter and saute the onions and apples. Add the bread cubes and allow to coat with butter.
- 2 Transfer into a bowl, add sage and slowly mix in the eggs and broth. Season with salt and pepper.
- 3 Scrape into a buttered dish, cover with foil and bake for 30 minutes at 360 degrees. Remove the foil and let it brown for about 5 minutes.

## Turkey gravy

2ltrs. turkey Stock  
2-3 tbsp olive oil  
500g turkey trimmings  
1 carrot  
1 onion  
1 stalk celery  
Few sprigs of fresh herbs  
 $\frac{1}{4}$  cup red vinegar  
2-3 tbsp tomato paste  
Salt, to season  
Pepper, to season  
4 tbsp butter  
4 tbsp flour

- 1 Boil turkey stock. In a separate pan, heat the oil.
- 2 Stir in turkey trimmings until it browns. Add the mirepoix and sauté until evenly brown. Season with a little salt.
- 3 Splash vinegar and let it reduce. Then stir in the tomato paste to blend evenly, allowing the paste to extract its natural oil. Scrape the mixture into the boiling stock and continue boiling until further reduced.
- 4 Meanwhile, prepare the roux by melting the butter. Slowly stir in the flour and mix until evenly blended.
- 5 Strain and transfer the reduced stock. Continue simmering and slowly whisk in the roux. Season with salt and pepper.

# Step-by-step at Jade



*Nicola Monteath* gets hands-on experience cooking authentic Chinese cuisine with head chef Rain at Jade, Asiana Hotel Dubai Deira



The recently launched Chinese restaurant at Jade, Asiana Hotel serves a variety of Chinese cuisine that appeals to expats as well as the Middle Eastern market, with its signature specials such as Beijing roasted duck and sweet & sour white fish.

Rumour has it that if you inform the hostess taking your order which Chinese province food you prefer the chef will tailor the spiciness according to your taste buds. The Yangzhou fried rice hails from the province 'Yangzhou', where the dishes contain less or no spice as opposed to provinces such as Sichuan (Chef Rainys' hometown) where most recipes are mildly spiced.

## **Yangzhou fried rice**

SERVES 1-2

**1 roasted chicken leg**  
**2 eggs**  
**200g steamed rice**  
**50g corn oil**  
**10g sesame oil**  
**5g chicken powder**  
**20g spring onions**  
**5g Salt**  
**30g mix vegetables of choice**  
**30g shrimps**

**1** Steam rice in a large pot, while rice is steaming cut the chicken off and dispose the bone, slice chicken and dice into small pieces.

**2** Dice the mixed vegetables and spring onions into fine pieces, set aside.

**3** Add a large concaved tipped spoon of boiling water into a wok and fry the shrimps for 1 minute until cooked through, set aside.

**4** Heat sesame and corn oil in the wok, slowly add the eggs and scramble it before setting aside.

**5** Toss diced chicken into the oil mixture and cook for 1 minute.

**6** Stir in the steamed rice, chicken and vegetables, fry for 1 minute. Add the chicken powder and salt before mixing thoroughly.

**7** Serve hot and place shrimps on top as garnish.



### Wok fried beef with black pepper sauce

SERVES 1 – 2

120g beef tenderloin  
 25g bean sprouts  
 25g red pepper  
 25g green pepper  
 20g flour  
 10g egg, whisked  
 10g oyster sauce  
 5g black pepper  
 50g cooking oil  
 10g sesame oil  
 5g chicken stock powder  
 5g soya sauce  
 5g white pepper

- 1** Slice the beef, green and red peppers into fine strips.
- 2** Add beef, oyster sauce, soy sauce, white pepper, flour and whisked egg in a bowl and mix thoroughly.
- 3** Place a large spoonful of boiling water in a wok, add peppers and bean sprouts. Cook swiftly for 10 seconds, strain into a colander and set aside.
- 4** Heat half the cooking oil in the wok (or flying pan,) and fry beef strips thoroughly for 30 seconds. Strain into a colander and set aside.
- 5** Heat the remaining oil in the wok, stir - fry the beef and vegetables and mix well until the sauce begins to thicken. Add the black pepper, chicken stock powder and sesame oil, mix well.
- 6** Serve hot with garnishes on the side.



# MORE cooking skills

Last month, MORE Café's talented chef Gert taught members of our Food Club to create three festive goodies at MORE Café Dubai Festival City. This was the launch of the MORE Cooking Skills, and it was a fantastic event of food and fun



## Pumpkin cupcakes

MAKES 20

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp coarse salt
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp freshly grated nutmeg
- 1/4 tsp ground allspice
- 1 cup packed light-brown sugar
- 1 cup granulated sugar
- 1 cup (2 sticks) unsalted butter, melted and cooled
- 4 large eggs, lightly beaten
- 1 can (15 ounces) pumpkin puree

- 1 Preheat oven to 350 degrees. Line cupcake pans with paper liners; set aside. In a medium bowl, whisk together flour, baking soda, baking powder, salt, cinnamon, ginger, nutmeg, and allspice; set aside.
- 2 In a large bowl, whisk together, brown sugar, granulated sugar, butter, and eggs. Add dry ingredients, and whisk until smooth. Whisk in pumpkin puree.
- 3 Divide batter evenly among liners, filling each about halfway. Bake until tops spring back when touched, and a cake tester inserted in the center comes out clean, 20 to 25 minutes, rotating pans once if needed. Transfer to a wire rack; let cool completely.

## Royal honey buttercream

MAKES 678g

- 6 large egg yolks
- 112g honey
- 454 g butter, room temp (must be soft)

- 1 Beat the yolks in a mixer until light in color.
- 2 Bring the honey to a rolling boil in small sauce pan. When the honey is at the rolling ball stage, remove from heat and pour it into a heat-proof measuring jug.
- 3 Mix the honey into the egg yolks while beating at medium/high speed. (Don't let the honey fall onto the beater (whisk) or it will get stuck to the side of the bowl.)
- 4 Beat the egg-honey mixture until it's completely cold.
- 5 Add the butter in parts to the egg-honey mixture, whisking continuously until the mixture is well combined. Scraping down the sides of the mixer frequently.
- 6 Store at room temperature for five days at room temperature, refrigerate for two weeks or keep for two months in the freezer.

*For more details on the More Cooking Skills in January, see page 11.*





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DUBAI

Food  
Club  
Event

# A cut above

Talented chef Paul de Visser, executive chef of Ruth's Chris Steakhouse entertained Food Club members at the Miele Kitchen Gallery with his New Orleans-style cooking masterclass



Chef Paolo at work  
creating ravioli filled  
with burrata



The fresh tuna tartare is light and  
delicious... the perfect alfresco starter







## Voodoo shrimp

A subtly-spicy New Orleans classic

6 shrimps, 16/20  
2 tbsp seasoned corn starch  
30g sriracha sauce  
(Thai hot sauce)  
30g mixed lettuce  
1 pinch parsley  
a wedge of lemon  
1 tbsp homemade  
vinaigrette

**FOR THE VOODOO SHRIMP SAUCE:**  
4 tbsp mayonnaise  
2 tbsp sweet chilli  
sauce  
1 tsp Tabasco  
2 tsp Cayenne pepper  
4 tbsp sriracha sauce

- 1 Take the shrimp and butterfly them. Then, dust them with the corn starch and fry them for about 1 to 2 mins. Place the fried shrimp on a piece of paper and then place them in a bowl together with the sriracha sauce, making sure to coat the shrimp on all sides.
- 2 In a separate bowl, mix together all the ingredients for the voodoo shrimp sauce.
- 3 Place the mixed salad in a bowl and add the vinaigrette dressing, mix well and place on the plate. Place the voodoo shrimp on top of the salad and drizzle with voodoo shrimp sauce.

## House vinaigrette

(Makes 500ml)

5g chopped garlic  
15ml lemon juice  
1 tbsp Dijon mustard  
a pinch of salt  
a pinch of black pepper  
500ml pure olive oil

- 1 Weigh and chop garlic and place in a container. Squeeze fresh lemon juice measure and add to container.
- 2 Measure red wine vinegar, mustard, and add to container. Mix on low speed with a hand blender.
- 3 Add salt and pepper and blend in on low speed.
- 4 While the hand blender is running on high speed slowly add the oil until fully incorporated and emulsified.

## Filet Oscar style

*'Oscar style' means that it's topped with asparagus, crab cakes and bearnaise sauce.*

### FOR THE CRAB CAKES

MAKES 6 CRAB CAKES (90G EACH)

350G black fin crabmeat  
125G colossal lump crabmeat  
40G cracker meal/seasoned bread  
crumbs  
120G crab sauce (see recipe below)

- 1 Place picked crabmeat into a mixing bowl. Ladle crab sauce over crabmeat.
  - 2 Gently fold, to incorporate the mixture properly, and then sprinkle the cracker meal over the crab meat.
  - 3 Scoop the crab mixture and shape into 90g cake and pan fry until golden and crispy.
- CRAB SAUCE**  
Makes 500ml  
1 egg, whole  
300g mayonnaise  
5ml blackened seasoning mix  
25g Creole mustard  
a pinch of salt  
25g fresh chopped parsley

- 1 Place eggs in a mixing bowl, mix well with wire whisk.
- 2 Place remaining ingredients into a mixing bowl and mix well, make sure all ingredients are fully incorporated.

### FOR THE BÉARNAISE SAUCE

**STEP 1: First create Hollandaise sauce (500ml)**  
50g pasteurised egg yolks  
50g water  
20ml lemon juice

½ tsp L&P Worcestershire Sauce  
¼ tsp Tabasco  
a pinch of white pepper  
2 pinches of salt  
250ml clarified butter

- 1 Place all ingredients into big container and burr mix on low speed.
  - 2 Slowly add the clarified butter and mix on low speed until all butter is incorporated. The sauce should be at 55 degrees C and fluid.
- STEP 2: Create Bearnaise reduction (1 tbsp)**  
2 tbsp onions, finely diced  
125ml red wine vinegar  
pinch of freshly chopped thyme  
15g dried tarragon leaves  
a pinch of finely ground black pepper

- 1 Finely dice onion, measure 2 tablespoons, and place into sauce pot.
  - 2 Chop fresh thyme, measure the rest of the ingredients and place into the sauce pot.
  - 3 Cook over medium to low heat. Cook for 1 hour and 20 minutes, test tarragon to see if it is tender. If not, cook for 10 minute intervals until it is tender. Cook until almost dry.
- STEP 3: Create the Bearnaise sauce**  
Place Hollandaise sauce into a mixing bowl, add 1 tablespoon of Béarnaise Reduction and mix together well with a wire whisk.

### FOR THE STEAK:

- 1 Take a filet (about 200g per person) cut and grill or pan fry to your desired temperature.
- 2 Top the filet with 3 blanched asparagus, 1 crab cake and cover with béarnaise sauce (see the recipe below, but it can be bought in the supermarkets too)



## CHEF'S BITES

### Chocolate sin cake

MAKES ONE CAKE

#### FOR THE CHOCOLATE GANACHE:

**75g semisweet chocolate chips**

**65ml heavy cream**

- 1 Measure out semi-sweet chocolate chips.
- 2 Bring cream to a boil in a saucepan and stir until nice and thick.
- 3 Remove from heat and add chocolate. Stir until smooth.
- 4 Cover and refrigerate until needed for use.

#### FOR THE CAKE

**10g salted butter, softened**

**115g unsalted butter**

**85g semisweet chocolate**

**30g unsweetened chocolate**

**50g granulated sugar**

**50ml freshly brewed espresso coffee**

**(1 double espresso)**

**2 whole eggs**

**1 tsp vanilla extract**

- 1 Butter the cake pan with softened butter and then line with plastic wrap, making sure there are no bubbles in the plastic.
- 2 Add butter to sauce pan and bring to a boil and remove from heat.

**3** Weigh out semisweet chocolate chips and set aside.

**4** Weigh unsweetened chocolate and chop into chunks. Add both chocolates to butter and mix until chocolate is melted. Stir until all chocolate is melted then remove from heat.

**5** Measure sugar and place in a mixing bowl. Add the measured espresso and mix well. Slowly add the espresso and sugar mixture to the melted chocolate and butter, mix slowly as not to add air bubbles.

**6** Place eggs and the vanilla in mixing bowl and mix slowly as not to add air bubbles. Slowly mix egg mixture to the chocolate mixture and mix to incorporate ingredients.

**7** Place prepared cake pan and pour in the sin cake mixture.

**8** Place cake pan in roasting pan and place into a preheated 150 degrees C conventional oven.

**9** Slowly pour water into pan until it reaches  $\frac{3}{4}$  up the cake pan.

**10** Cook for 1 hour at 150 degrees C. Cakes should just shake when done (like thick pudding). If not, cook at 10-minute intervals until done.

**11** Carefully remove from water bath and place on lined sheet tray and cool at room temperature for 2 hours.

#### GANACHE COATING PROCESS:

- 1 Insert sin cakes upside down onto a cake circle.
- 2 Remove cake from the pan and then slowly remove plastic. Smooth the warm sides and then refrigerate cake.
- 3 Measure the ganache and place in mixing bowl and place over water bath.
- 4 Stir gently with a rubber spatula. Do not over mix, it will trap air bubbles. Ganache should be softened to be able to pour.
- 5 Hold the sin cake from underneath on the points of the fingers, and ladle warm ganache in the center of the cake.
- 6 Tilt the cake so that the ganache spreads over the top and sides of the cake.
- 7 Refrigerate the cake to harden the coating.

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# *A night of stars*

Vienna is a foodie's paradise, but the delights of the imperial city were overshadowed for *Dave Reeder* by the first Stars, Food & Art event to be held there, with six European chefs, whose restaurants hold an imposing 14 Michelin stars between them, cooking a special meal for charity

**D**eveloped by Dutch chef and author Lise Goeman Borgesius-Timmer, the Sofitel hosted series of gala dinners in aid of charities - Stars, Food & Art - debuted in Vienna at the start of December. Held in the stunning Loft restaurant of the very stylish Sofitel Vienna Stephansdom, the event brought around 90 diners for a six course meal of exceptional cuisine, with accompanying wines and entertainment including stars of the Vienna Opera and, bizarrely, a ventriloquist with a lascivious crocodile puppet.

Held across Europe for five years, these special dinners are expanding next year, with an event at Sofitel Dubai

Jumeirah Beach on 2 April. No details yet of which celebrity chefs are attending, but plans are already well advanced to make it an evening not to be missed.

The concept of Stars, Food & Art was to create an event that was both unique and memorable - "a moment where people could truly enjoy an exceptional experience, gathered together in good company, sharing excellent food, wine and culture". The initiative was taken up in 2007 by the management of hotel Sofitel the Grand Amsterdam and Borgesius-Timmer to combine knowhow, creativity and facilities to organise an event where culture, food, wines and art are united.





## THE CHEFS INVITED TO VIENNA LAST MONTH WERE:

- ★ Thomas Bühner, La Vie,  
Osnabrück, Germany - 2-star
- ★ Walter Eselböck, Taubenkobel,  
Burgenland, Austria - 2-star
- ★ Andreas Mayer, Schloss Prielau,  
Salzburg, Austria - 2-star
- ★ Toni Mörwald, Toni M,  
Feuersbrunn, Austria - 2-star
- ★ Bruno Oger, Le Cannet, Côtes  
d'Azur, France - 3-star
- ★ Antoine Westermann, Buerehiesel,  
Strasbourg, France - 3-star

*A key part of the evening  
was the presentation of a  
cheque to Gery Keszler  
for the well-known Aids  
Live Foundation.*







## CHEF DE CHEFS

The menu and style of The Loft was set up by Chef Antoine Westermann, now focused after his Michelin starred career on starting a low-key roast chicken and frites outlet in Paris. He still oversees The Loft with quarterly visits, so he was the natural choice to co-ordinate the other five chefs who flew in for the event.

“My job was relatively easy - these guys really know what they’re doing. Each sent me ideas of dishes they thought would work and I then tried to choose and balance the different styles and recipes so it would make a coherent meal. I knew them all, though some have been much closer to me, but in the kitchen you immediately become friends! It was good for me to work with a younger generation of very talented chefs. Did I learn anything from them? Of course, I’m always learning but I have my own style and I can’t cook like anyone else.”





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# Going for Goa!

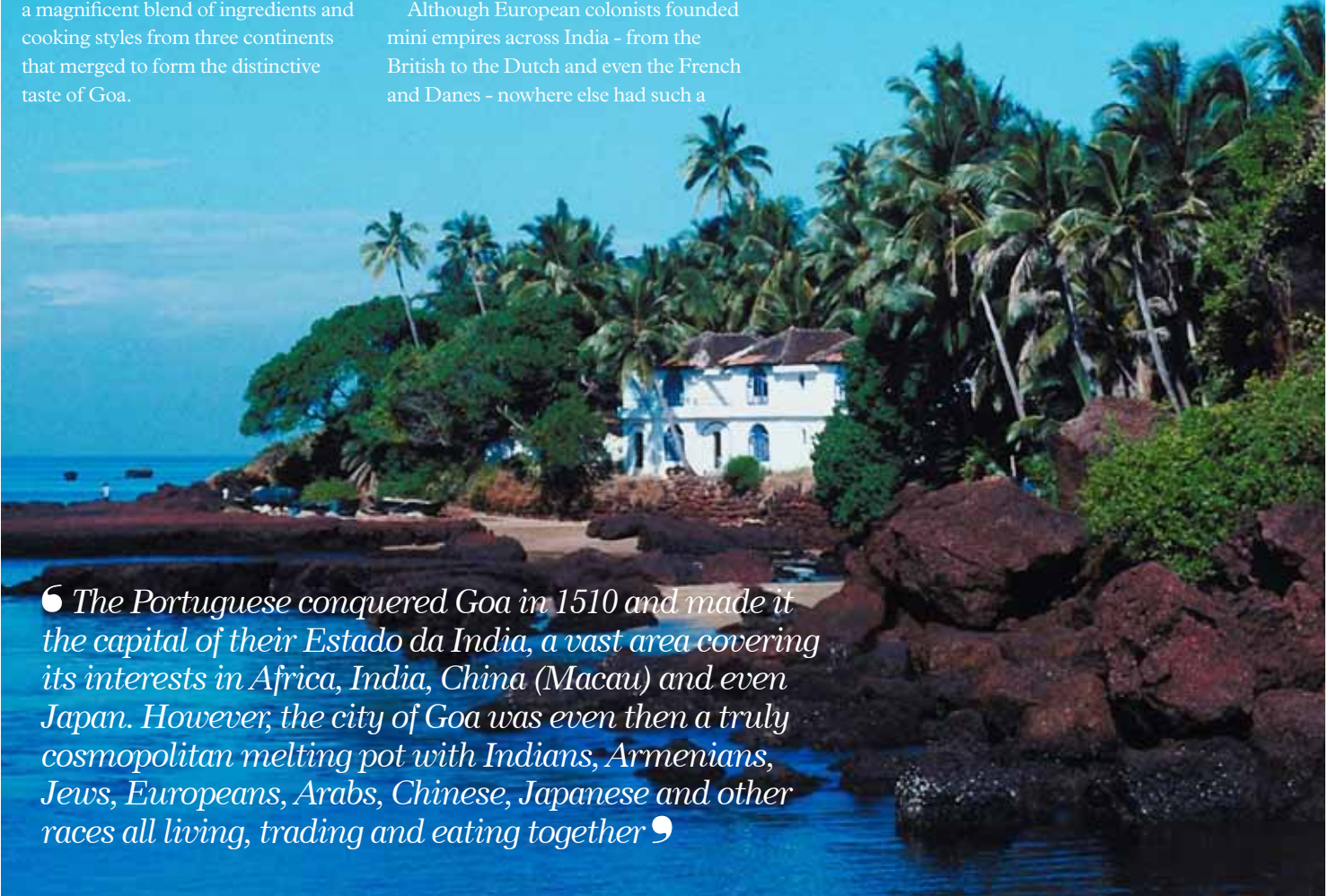
Dave Reeder turns his back on chilling out on the beach and looks for the real story amongst the remnants of colonial Goa

**T**hink Goa and most people will talk about lazy holidays on the beach, trance parties under the stars or the remnants of hippy life amongst the markets and beach shacks. But that does a disservice to a country that can be seen as a real pioneer in fusion cuisine, with a magnificent blend of ingredients and cooking styles from three continents that merged to form the distinctive taste of Goa.

Goa is unlike the rest of India. That's not just because of the hyper laidback lifestyle or the endless miles of beaches heaped with European package tourists and hippies, or its appeal to weekend escapees from Mumbai as the home of cheap alcohol and legal gambling, but purely because of its history.

Although European colonists founded mini empires across India - from the British to the Dutch and even the French and Danes - nowhere else had such a

total immersion in European culture as Goa, which for more than 450 years was a key part of Portugal's global empire. The Portuguese conquered Goa in 1510 and made it the capital of their Estado da India, a vast area covering its interests in Africa, India, China (Macau) and even Japan.



6 The Portuguese conquered Goa in 1510 and made it the capital of their Estado da India, a vast area covering its interests in Africa, India, China (Macau) and even Japan. However, the city of Goa was even then a truly cosmopolitan melting pot with Indians, Armenians, Jews, Europeans, Arabs, Chinese, Japanese and other races all living, trading and eating together 9



However, the city of Goa was even then a truly cosmopolitan melting pot with Indians, Armenians, Jews, Europeans, Arabs, Chinese, Japanese and other races all living, trading and eating together.

The Portuguese brought two major influences that would mark Goa as a very different part of India: the Catholic religion and Portugal's already global cuisine. Today, there are two main traditional cuisines in Goa - Hindu and Christian - with a tiny Muslim population. Yet, although you can find common Indian dishes from idli sambar to dosa to tikka masala at one of the countless international buffets or snack bars aimed at tourists, the Goan Hindu cuisine differs largely from the rest of India in that the majority of Goan Hindus eat meat (chicken and mutton), though still eschewing pork and beef for religious reasons.

In general, Hindu Goans use less heat, tamarind and kokum for souring than other Hindus and place heavy emphasis on asafoetida, fenugreek, curry leaves, mustard and urad dal. Their food is less spicy than you'd expect, with relatively light use of onion and garlic. Coconut oil is standard for cooking.

However, it's the Goan Christian food tradition that really marks out the state, which gained independence in 1961, some 14 years after the end of British rule across the rest of the country. From its new world colonies, Portugal introduced to Goa the potato, tomato, pineapple, guava, papaya, guava, avocado, pumpkin, aubergine and cashew nut, as well as the ubiquitous chilli. The thought of Goan food without tomatoes and chillies, enjoyed with a glass of feni distilled from cashew nuts, is unthinkable! And, from Portugal itself, olive oil, marmalade, salt cod (bacalhau), spicy sausage (chourisos) and wine all added to the mix, as did vinegar which is widely used in Goan Christian cuisine as a souring agent and is an integral part of the classic vindalho which, in Goa as opposed to the high street Indian restaurants of the UK, is a spiced and delicate dish rather than a chilli endurance test.

Portuguese ships followed the official maritime link from Lisbon to Goa via Africa (the Correia da India), returning via Bahia in northern Brazil. At all points, food and ingredients were exchanged. And, underneath it all, the traditional daily diet of the Goans - rice, fish and coconut oil. The long coastline and deep rivers means that fish even today are a staple, from kingfish to pomfret, tuna and mackerel, with large supplies of local shellfish such as crabs, prawns, tiger prawns, lobsters, squid and mussels.





## TRAVEL GOA



But the Portuguese did more than introduce new ingredients; they also brought new styles of cooking and new types of recipes. Their traditional love of sweet cakes meant that the heavily dense and sweet cake bebinca is now a staple of every Goan menu. Cooking techniques from Mozambique, for example, developed the typical Goan dish of chicken piri-piri. And, of course, the Portuguese brought their love of oven baked bread, bought twice daily from the baker.

The rather terrible Inquisition period in 18th century Goa also brought in some food prescriptions: not eating pork was a punishable offence as was cooking rice without salt. The thought behind this? Creating a wider division between the Goan Christians who would align with their Portuguese masters and the 'lowlier' Hindus and Muslims. This trend was reinforced by legal pressure for Portuguese to marry Goans, thus increasing the mix in the kitchen.

What all this produced was a cuisine that is not Indian nor European, not Asian or South American, not African but a mix of all cultures as dishes produced with ingredients introduced to Goa became changed and transformed yet again when exported into the wider Lusophonic world - so a Brazilian feijouada is recognisably the same dish as a Goan feijouada, even though the exact ingredients may differ. In Brazil, its origins in slave cuisine meant a higher proportion of offcuts of meat and offal whilst, in Goa, the higher ranking Christian diners expected better pork content. And so the world turns.

The challenge today is seeking out traditional Goan cuisine. In common with most of India, it is traditional to eat in the home or with friends and although Goa is heavily supplied with restaurants, the vast majority of them cater for the international tourism trade. Walk the streets of the capital Panaji (Panjim) and you're as likely to find a Punjabi restaurant as a Chinese one. However, there is a revival of traditional cooking and any decent Goan bookshop will reveal half a dozen cookbooks, from 'What's in the pot?' from the Lions Club of Mapusa to the glossy 'Goa travel adventure cookbook' by Zubin D'Souza to the masterly and historical 'Cozinha de Goa' by Fatima da Silva Gracias.



### THE GOAN CUPBOARD OF KEY INGREDIENTS

- \* Kashmiri chilies - gives a fiery red colour to dishes.
- \* Goan vinegar - made from coconut palm toddy.
- \* Goan jaggery - dark brown or black palm jaggery.
- \* Bimblim - sour fruit.
- \* Kokum - red berry used as a souring agent.
- \* Tefio - dried citrus flavoured berries used to cut through fatty fish.
- \* Bombay duck - dried fish used as accompaniment to fish curry and rice.

### EAT HERE - GOA

Horseshoe Cafe, Fontainhas, **Panaji**  
Mum's Kitchen, Miramar, **Panaji**  
Brittos Bar & Restaurant, **Baja Beach**  
Florentines, Saligao, **Bardez**  
Loyds, **Bogmalo Beach**  
Martin's Corner, Betalbatim, **Salcete**  
Martin's Beach Corner, Miramar, **Panaji**  
Nostalgia, **Salcete**  
O'Coqueiros, Alto Porvorim, **Bardez**  
Viva Panjim, Fontainhas, **Panaji**  
Sahakari Spice Farm, **Curti Ponda**  
Riorico, Hotel Mandovi, **Panaji**  
Beach House, Vivanta by Taj Holiday Village, **Sinquerim, Bardez**

### EAT HERE - UAE

Casa Goa, Palm Beach Hotel, **Bur Dubai**  
Susegad Goa, New Peninsula Hotel, **Al Raffa Street, Dubai**  
Viva Goa, Al Nasr Leisureland, **Dubai**  
IndiGoa, Karama Hotel, **Kuwait Street, Dubai**  
Al Shay Restaurant, near Madina supermarket, **Karama, Dubai**  
Mahec, Meridien Village, Le Meridien **Dubai, Garhoud, Dubai**  
Treat Restaurant, Mubarak Building, **Karama, Dubai**  
Da Gama, Tennis Stadium, Aviation Club, **Garhoud, Dubai**  
Casa Goa, Al Bateen Street, near Shaikh Khalifa Medical City, **Abu Dhabi**

## Key Goan delights

**Chamu/Ba** - Goan samosa

**Crab xec xec** - Crab in roasted coconut gravy

**Ambot tik** - Sour fish or meat curry

**Balch/fo** - Curry based on a sauce from Macao, made from shrimp, aguardente, laurel, lemon and chili

**Sorpotel** - Spicy curry with pork liver, tongue and blood

**Xacuti** - Curry with roast grated coconut with chicken or beef

**Solantule kodi** - Spicy coconut and kokum curry

**Vindaloo** - Spicy curry based on marination in garlic and wine (vinho e alho)



### Sardinhas recheadas

Stuffed sardines

SERVES 3

**12 fresh sardines, medium**

**1 onion, finely chopped**

**1 tsp salt**

**rice flour or semolina**

**oil for frying**

**2 tbsp spice paste**

**INGREDIENTS FOR SPICE PASTE:**

**20 Kashmiri chillies, dry**

**1 tbsp cumin seeds**

**25 black peppercorns**

**12 cloves**

**cinnamon, 2 inch stick**

**10 garlic cloves**

**ginger, 2 inch**

**1/4 tsp turmeric powder**

**2 tsp tamarind**

**1/4 tsp salt**

**1/4 tsp sugar**

**3 tbsp vinegar**

**1** Grind the spices to a smooth paste. Use 2 tbsp and store the rest in a cool place.

**2** Clean the fish and remove head and centre bone, then apply salt and marinate for few minutes.

**3** Stuff the sardines with spice paste and onions. Roll in flour and shallow fry in hot oil.

**4** Serve hot with grilled onions and lemon



# Food for the Weekend

- Dinner in an hour
- Foolproof fondants
- Saturday lunch
- Low-cal pudding

Entertain  
with ease!

Crab, lime & chilli toasts  
– recipe, p81



**88** Rich braised beef  
with melting onions



**81** Mustard pork fillet with  
apple lentils & herb aioli



**90** Jam & white  
chocolate roly-poly



WEEKEND

# Dinner in an hour

Three  
courses  
for  
friends



Making a special meal doesn't have to mean slaving away in the kitchen for hours, as **Jennifer Joyce** proves with this simple, stylish menu. Whether or not you admit how little time it took is entirely up to you

## Express menu for 6

- Crab, lime & chilli toasts
- Mustard pork fillet with apple lentils & herb aioli
- Yogurt parfaits with crushed strawberries & amaretti



## Mustard pork fillet with apple lentils & herb aioli

SERVES 6 • PREP 10 mins • COOK 25 mins **Easy**  

*Pork loin fillets are fairly inexpensive and yet look elegant at a dinner party. A quick cheat's aioli using bought mayonnaise, lemon and tarragon makes a tangy sauce to mop up the lentils and roasted meat.*

**1kg/2lb 4oz pork loin fillet**  
**3 tbsp olive oil**  
**2 tbsp Dijon mustard**  
**small bunch tarragon, chopped**  
**350g/12oz Puy lentils**  
**1 litre/1½ pints vegetable stock**  
**zest and juice 1 lemon**  
**1 apple, cored and diced**  
**200g jar good-quality mayonnaise**  
**1 garlic clove, crushed**  
**green beans, to serve**

**1** Heat oven to 200C/180C fan/gas 6. Rub the pork with a tbsp of oil, add some seasoning, then seal the outside of the meat all over in a hot frying pan. Transfer the pork to a baking sheet, brush the outside with the mustard, then press on half of the tarragon and cook for 20 mins. Remove from the oven and cover with foil for 5 mins.


**2** Meanwhile, cook the lentils in the stock until just tender, about 12 mins, drain, then toss with the remaining olive oil, half the lemon juice and the apple.

**3** To make the aioli, mix the mayo, garlic, lemon zest and remaining juice and tarragon with some seasoning, then set aside. Slice the pork into thick slices and serve on a platter with the lentils, a bowl of aioli to dip into and some green beans.

PER SERVING 738 kcals, protein 52g, carbs 34g, fat 45g, sat fat 9g, fibre 6g, sugar 5g, salt 1.53g



## Crab, lime & chilli toasts

SERVES 6 • PREP 10 mins • COOK 5 mins **Easy** 

*Fresh white crabmeat is widely available, but you could also use tinned. It only needs a few extra touches like chilli and lime, and then you have your starter. Keep the toasts crisp but still chewy in the centre, so guests can easily bite through them.*

**1 small baguette, cut into 12 slices**  
**2 tbsp olive oil**  
**140g/5oz white crabmeat**  
**1 red chilli, deseeded and finely chopped**  
**1 tbsp coriander, chopped**  
**zest and juice 1 lime**

**1** Heat oven to 200C/180C fan/gas 6. Put the baguette slices onto a baking tray, drizzle over half the oil, add some seasoning, then bake for 5 mins until golden at the edges.

**2** Meanwhile, mix the crab, chilli, coriander, lime zest and juice with the remaining oil and some seasoning, then spoon on top of the toast just before you serve.

PER SERVING 110 kcals, protein 6g, carbs 12g, fat 4g, sat fat 1g, fibre 1g, sugar 1g, salt 0.61g

## HERE'S HOW I WHIP UP DINNER IN AN HOUR


Jennifer Joyce, busy food writer and mother of two, shares tips for a smart but stress-free supper for friends

- You don't want to be rushing off to make dessert halfway through your meal, so get this done first. Simply assemble the puddings, then leave in fridge until ready to serve – 10 minutes
- Toast the bread and set aside. Mix the crab topping together and refrigerate – 10 minutes
- Sear the meat, rub with mustard and tarragon, then place in the oven to roast – 10 minutes
- While the meat roasts, cook lentils and prepare aioli – 15 minutes
- Keep the lentils in the liquid and drain them just before you serve. Remove the meat from the oven and cover with foil to keep warm.
- Blanch the green beans and keep warm in the pan – 5 minutes
- Arrange the crab on toasts and serve on a small platter – 5 minutes
- Drain lentils, toss with apples and oil, and arrange on platter with the beans. Slice the meat and arrange on top. Serve with aioli – 5 minutes
- For the puddings, remove from fridge and serve with small spoons.

No cooking required

## Yogurt parfaits with crushed strawberries & amaretti

SERVES 6 ● PREP 10 mins ● NO COOK

**Easy**  Superhealthy Good source of vitamin C, Low fat

*With its thick texture, Greek yogurt is the perfect base for a quick pudding. You can use any mashed or chopped fruit, but end-of-summer strawberries are ideal.*

**400g punnet strawberries, chopped**  
**4 tbsp caster sugar**  
**500g pot low-fat Greek yoghurt**  
**12 small amaretti biscuits, crushed**

In a small bowl, mix the strawberries with half the sugar, then roughly mash them with a fork so they are juicy. Mix the remaining sugar into the yoghurt, then layer up 6 glasses with amaretti biscuits, yoghurt and strawberries.

PER SERVING 182 kcals, protein 6g, carbs 29g, fat 5g, sat fat 3g, fibre 1g, sugar 22g, salt 0.31g





# Come over for curry

Forget the takeaway! Be inspired by Roopa Gulati's Indian menu for eight – a great way to feed a crowd for less  
Photographs LIS PARSONS

Crunchy radish  
& tomato salad

Tomato &  
coriander sauce

Tandoori  
chicken

naan bread

Pilau with peas

Spicy cauliflower

## Crunchy radish & tomato salad

SERVES 8 ● PREP 15 mins ● COOK 2 mins **Easy** **V** **Superhealthy** Counts as 1 of 5-a-day

### FOR THE RELISH

350g/12oz tomatoes, chopped  
3 red onions, finely chopped  
1 cucumber, deseeded and diced  
200g/7oz red radishes, quartered

### FOR THE DRESSING

3 tbsp vegetable oil  
1 tsp mustard seeds  
1 heaped tsp Dijon mustard  
juice 2 limes  
2 tsp caster sugar  
1 red chilli, deseeded and finely chopped  
handful mint leaves, shredded

**1** To make the dressing, heat the oil in a pan, then throw in the mustard seeds and cook until they start to pop. Tip the seeds into a bowl and allow to cool. Add the rest of the dressing ingredients to the bowl and whisk everything together.  
**2** Add the tomatoes, onions, cucumber and radish to the dressing, stir to coat, then allow to stand at room temperature for 10 mins before serving.

PER SERVING 74 kcals, protein 2g, carbs 7g, fat 5g, sat fat 1g, fibre 2g, sugar 6g, salt 0.10g

## Tomato & coriander sauce

SERVES 8 ● PREP 15 mins ● COOK 10 mins **Easy** **V** **Superhealthy**

700ml/1¼pt tomato passata  
large piece ginger, grated  
3 tsp caster sugar  
3 green chillies, finely chopped  
juice 1 lemon  
2 tsp ground cumin  
300ml/½pt Greek yogurt  
50g/2oz butter, diced  
small bunch coriander, chopped

Put the passata, ginger, sugar, chillies, lemon juice, cumin and yogurt into a pan with some seasoning and bring to the boil. Cook for 5 mins until slightly reduced, then gradually stir in the butter. Finish with the coriander and serve.

PER SERVING 126 kcals, protein 4g, carbs 8g, fat 9g, sat fat 5g, fibre none, sugar 5g, salt 0.59g

## Spicy cauliflower

SERVES 8 ● PREP 10 mins ● COOK 20 mins **Easy** **V** **Superhealthy**  
Good source of vitamin C, counts as 1 of 5-a-day

6 tbsp vegetable oil  
large piece ginger, finely chopped  
2 tsp chilli flakes  
2 tbsp cumin seeds  
2 tsp turmeric  
1.25kg/2lbs 12oz cauliflower (after trimming and removing leaves), broken into pieces  
small bunch coriander, chopped

Heat the oil in a big pan or wok with a lid, then add the ginger and spices. Swirl everything around for a few secs until the spices are aromatic. Reduce the heat, then stir in the cauliflower and some seasoning. Put the lid on and cook for 10 mins or until softened, stirring occasionally. Sprinkle over the coriander before serving.

PER SERVING 145 kcals, protein 6g, carbs 7g, fat 10g, sat fat 1g, fibre 3g, sugar 4g, salt 0.05g

## Pilau with peas

SERVES 8 ● PREP 10 mins ● COOK 20 mins **Easy** **V** **Superhealthy**  
Counts as 1 of 5-a-day, Low fat

500g/1lb 2oz basmati rice  
6 tbsp vegetable oil  
2 tsp cumin seeds  
8 cloves  
3 onions, chopped  
3 green chillies, split lengthways, but not cut all the way through  
3 bay leaves  
700ml/1¼pt vegetable stock  
250g/9oz frozen peas

**1** Wash the rice, then soak in enough cold water to cover for 15 mins. Meanwhile, heat the oil in a large pan with a lid, add the cumin seeds and cloves, then fry until fragrant. Stir in the onions, then reduce the heat and cook with the lid on for 10 mins, stirring occasionally or until soft. Add the chillies and bay leaves, then increase the heat and fry until the onions are golden.

## 3 WAYS WITH NAAN BREAD

*Make one flavour or all of them. Allow about half a large naan per person.*

### Rosemary & chilli naan

Heat the grill to hot. Mix **1 tsp chopped rosemary leaves** with **1 deseeded and finely chopped red chilli** and stir in **1 tbsp olive oil**. Drizzle **2 large naans** with 1 tbsp water and spread over the **rosemary mix**. Grill for 2-3 mins until golden, then serve.

### Garlic & mint naan

Heat the grill to hot. Mix **1 crushed garlic clove** with **1 tbsp shredded mint leaves** and **1 tbsp olive oil**. Drizzle **2 large naans** with 1 tbsp water, then spread over the garlic and mint mix. Grill for 2-3 mins until golden, then serve immediately.

### Harissa & red onion naan

Heat the grill to hot. Mix **1 tsp harissa paste** with **1 tsp Greek yogurt** and **1 finely chopped small red onion**. Drizzle **2 large naans** with 1 tbsp water, then spread over the harissa and onion mix. Grill for 2-3 mins until golden, then serve immediately.

**2** Drain the rice, then add it to the onions and spices, stirring to coat the grains with oil. Cover the rice with stock and bring to a simmer. Scatter the frozen peas on top, put the lid on, then cook on a very low heat for 12-15 mins – don't be tempted to remove the lid.

**3** Turn the heat off and leave, with the lid on, for another 5 mins. Lightly fluff up the rice with a fork before serving.

PER SERVING 330 kcals, protein 8g, carbs 58g, fat 9g, sat fat 1g, fibre 4g, sugar 4g, salt 0.22g








## Tandoori chicken

SERVES 8 • PREP 30 mins plus marinating • COOK 15 mins

**Easy**  Good for you, Low fat

juice 2 lemons  
4 tsp paprika  
2 red onions, finely chopped  
16 skinless chicken thighs  
vegetable oil, for brushing

### FOR THE MARINADE

300ml/½pt Greek yogurt  
large piece ginger, grated  
4 garlic cloves, crushed  
¾ tsp garam masala  
¾ tsp ground cumin  
½ tsp chilli powder  
¼ tsp turmeric

**1** Mix the lemon juice with the paprika and red onions in a large shallow dish. Slash each chicken thigh three times, then turn them in the juice and set aside for 10 mins.

**2** Mix all of the marinade ingredients together and pour over the chicken. Give everything a good mix, then cover and chill for at least 1 hr. *This can be done up to a day in advance.*

**3** Heat the grill. Lift the chicken pieces onto a rack over a baking tray. Brush over a little oil and grill for 8 mins on each side or until lightly charred and completely cooked through.

PER SERVING 171 kcals, protein 24g, carbs 4g, fat 7g, sat fat 3g, fibre none, sugar 2g, salt 0.29g





## Speedy ginger ice cream with chilli-chocolate sauce

SERVES 8 • PREP 10 mins • COOK 10 mins **Easy** **V** **🧊**

75g/2½oz stem ginger, finely chopped

3 tbsp syrup from the ginger

1-litre tub vanilla ice cream, softened

**FOR THE CHILLI-CHOCOLATE SAUCE**

300g/11oz dark chocolate, chopped

pinch chilli flakes

200ml/7fl oz whole milk

100ml/3½fl oz double cream

25g/1oz golden caster sugar

cones, to serve (optional)

**1** Stir the ginger and syrup through the ice cream, then return to the freezer to firm up for at least 1 hr.

**2** Put the chocolate and chilli in a large bowl. Bring milk, cream and sugar to the boil, then remove from heat and pour over the chocolate. Leave to stand for 2 mins, then whisk until the chocolate is melted. Serve warm with a scoop of ice cream.

PER SERVING 479 kcals, protein 6g, carbs 50g, fat 30g, sat fat 17g, fibre 2g, sugar 40g, salt 0.24g



Wow your friends with spicy ice cream flavours

# Saturday lunch for the family

Cooking within a budget doesn't mean you have to skimp on flavour and portion size. Spoil your family with Sara Buenfeld's two-course lunch. Satisfying comfort food at its best  
Photographs LIS PARSONS







### Rich braised beef with melting onions

SERVES 4 ● PREP 20 mins ● COOK 2¼ hrs **Easy** 🌿 Superhealthy Good source of iron and folic acid, counts as 2 of 5-a-day £1.41 per serving

*I'm a fan of beef shin. It cooks to a melting texture far better than braising steak, which can end up dry, even though it falls apart.*

**4 thick generous slices beef shin, about 700g/1lb 9oz**  
**plain flour, for dusting**  
**2 tbsp sunflower oil**  
**3 medium onions, halved and thinly sliced**  
**2 tsp caster sugar**  
**6 garlic cloves, sliced**  
**700ml/1¼pts beef stock (made with 2 cubes)**  
**3 tbsp Worcestershire sauce**  
**4 large flat mushrooms, thickly sliced**  
**chopped parsley, to serve**

**1** Dust the beef in flour, then set aside. Heat the oil in a large pan. Add the onions and fry for 5 mins. Add the sugar and cook for 5-10 mins, stirring frequently, until the onions are caramelised. Stir in the garlic for the final few mins.

**2** Pour in the stock and stir in the Worcestershire sauce. Add the beef and mushrooms, then season, adding plenty of black pepper. Cover and cook gently for 2 hrs until the meat is tender. Can be chilled for up to 3 days. To freeze, cool and store in freezer bags. Thaw and reheat in a pan. Serve scattered with parsley.

PER SERVING 364 kcs, protein 44g, carbs 11g, fat 16g, sat fat 5g, fibre 2g, sugar 8g, salt 1.03g



### Stuffed jackets with leeks & Boursin soft cheese

SERVES 4 ● PREP 30 mins ● COOK 1½-2 hrs **Easy** 🌿 95p per serving

*Kids love this type of potato dish. It's also delicious with sausages and gravy.*

**sunflower oil**  
**4 baking potatoes**  
**2 large leeks, halved lengthways, well washed and thinly sliced**  
**50g/2oz butter**  
**100g/4oz Boursin cheese**

**1** Heat oven to 180C/160C fan/gas 4. Rub the oil over the skin of the potatoes, then bake for 1-1¼ hrs until they're soft when you stick a knife into them. Allow to cool a little. Meanwhile, sauté the leeks in 40g of the butter for about 5 mins until softened.

**2** Halve the potatoes and scoop the flesh into a bowl, leaving behind a good border of potato all the way around the skin, so the potato shells can stand on a baking tray and hold their shape.

**3** Beat the potato flesh with a spoon, to break it up rather than mash it, then stir in the buttery leeks, seasoning and the cheese. Scoop the mixture back into the shells and arrange on a baking tray. Dot the remaining butter on top of the filled potatoes. Bake for 30-40 mins until piping hot and starting to turn golden.

PER SERVING 380 kcs, protein 7g, carbs 38g, fat 23g, sat fat 13g, fibre 5g, sugar 4g, salt 0.45g



### Thyme-glazed carrots & peas

SERVES 4 ● PREP 5 mins ● COOK 10 mins **Easy** 🌿 Superhealthy High in fibre, good source of beta-carotene, counts as 2 of 5-a-day, Low fat 34p per serving

**4 large carrots, cut into chunks**  
**1 tbsp olive oil**  
**2 tsp caster sugar**  
**1 tbsp thyme or lemon thyme**  
**250g/9oz frozen peas**

**1** Tip the carrots into a non-stick pan and add the oil, sugar, thyme and seasoning. Pour over 150ml water and bring to the boil. Boil, uncovered, for 6-8 mins until most of the liquid has evaporated and the carrots look a little glossy.

**2** Add the peas, cover the pan and cook for a few mins more. Serve immediately.

PER SERVING 122 kcs, protein 4g, carbs 19g, fat 4g, sat fat 1g, fibre 6g, sugar 14g, salt 0.09g

### WANT TO GET AHEAD?

- You can make the braised beef up to three days ahead; store chilled in the fridge. When ready to cook, reheat in a pan until bubbling. It freezes well for up to three months, too.
- Bake and stuff the potatoes, top with the butter, then cover and chill overnight. When ready to cook, reheat in the oven, adding an extra 5-10 mins to the cooking time.
- You can weigh out and mix the dried ingredients for the suet pastry, but the roly-poly tastes best fresh from the oven, so make on the day. Bake so it's ready as you finish your main course.



## Jam & white chocolate roly-poly

SERVES 4 (with leftovers) ●

PREP 20 mins ● COOK 50 mins

**Moderately easy** 50p per serving with custard (based on cutting into 4)

*Suet puddings are traditionally steamed, however, this recipe is much easier as it is baked and, for a modern twist, rolled then drizzled with white chocolate. If you have any white chocolate left over, you can melt it into the custard.*

**butter, for greasing**  
**300g/11oz self-raising flour**  
**85g/3oz caster sugar**  
**140g/5oz suet**  
**150ml/¼pt milk, plus a dash**  
**8 tbsp raspberry jam**  
**50g/2oz white chocolate, chopped,**  
**plus about 25g/1oz, melted**  
**425g carton custard, to serve**

**1** Heat oven to 180C/160C fan/gas 4. Butter a sheet of baking parchment. Mix the flour with the sugar, suet and a good pinch of salt, then bind with the milk to make a soft, but not sticky, dough. Add a dash more milk if it helps to bind the last few bits left in the bowl.

**2** Roll out the dough on a floured surface to a 20 x 30cm oblong. Spread with the jam and scatter with the chocolate, leaving a border all the way around.

**3** Roll up the dough from one short end so you have a sausage shape, then gently pinch the ends to seal in the jam. Carefully lift onto the prepared parchment.

**4** Fold the paper up over the ends of the roly-poly, then wrap up quite tightly. Secure with staples or bulldog clips all the way along the roll, as this will help you achieve the classic round shape.

**5** Bake for 50 mins until the roll feels firm and looks golden through the paper. Allow to stand for 5 mins before cutting, as this will stop the jam flowing out. Drizzle with the melted chocolate and serve with a jug of warmed custard.

PER SERVING 824 kJ, protein 10g, carbs 117g, fat 39g, sat fat 19g, fibre 3g, sugar 57g, salt 0.82g





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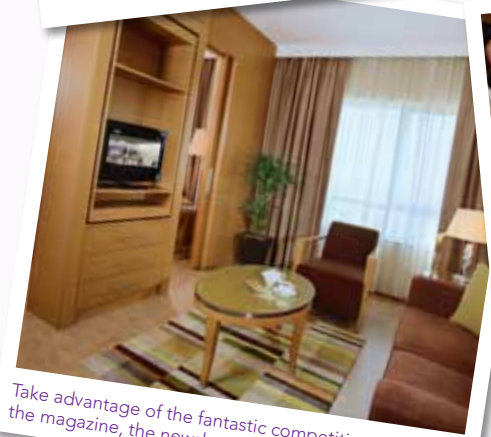
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# Foolproof fondants

Barney's  
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Learning to make the ultimate show-off dessert, molten chocolate fondants, is a lot easier than you think  
BARNEY DESMAZERY Food editor

*There are few more magic cookery moments than digging a spoon into a chocolate fondant and watching the rich sauce ooze out – these really are the best dinner party dessert ever*

## Foolproof chocolate & coffee fondants

MAKES 6 • PREP 20 mins plus chilling

• COOK 12 mins **Moderately easy** ❄️

*I've added a splash of coffee to the fondants, which makes them even more 'after-dinner'.*

**175g/6oz butter, plus extra melted butter for greasing**  
**cocoa powder, for dusting**  
**175g/6oz good-quality dark chocolate (we used 70%)**  
**200g/7oz golden caster sugar**  
**4 eggs**  
**50ml/2fl oz good-quality black coffee (we used espresso coffee)**  
**85g/3oz plain flour**  
**vanilla ice cream, to serve**

**1** Heat oven to 200C/180C fan/gas 6. Use a pastry brush to grease 6 dariole moulds or individual pudding basins really well and place in the fridge for the butter to set. Then grease again, dust with cocoa powder and set aside.

**2** Melt the butter and chocolate together over a pan of barely simmering water, then remove. In a separate bowl, beat the sugar and eggs together until light and fluffy. Fold the chocolate and beaten egg together, then add the coffee and finally fold through the flour.

**3** Divide the mixture between the darioles. *The puddings can now be frozen or chilled (see Restaurant tips, right).* Place on a baking tray and

bake for exactly 12 mins until the mixture has puffed up and formed a crust but still has a slight wobble to it. Turn the puddings out onto serving plates and serve with a big scoop of vanilla ice cream for a great contrast of hot and cold.

PER SERVING 635 kcals, protein 9g, carbs 60g, fat 42g, sat fat 23g, fibre 2g, sugar 44g, salt 0.52g

## RESTAURANT TIPS

- Chefs have developed little tricks to ensure that they get perfect results every time. For fondants, it's greasing the moulds twice. This makes all the difference and guarantees that the puddings will slip out easily when turned out onto the plates, so it's well worth the effort.
- The secret to getting the gooey middle is timing. Don't leave it to chance or estimate – make sure you set a timer to exactly 12 minutes.
- A pastry chef would never make fondants at the last minute, as they hold so well in the fridge or freezer. They can be made several hours ahead and chilled before cooking; or freeze, then cook from frozen for 15 minutes.
- You can make the fondant without the coffee and add other flavours. A dash of rum, some chopped stem ginger, a sprinkling of cinnamon or even a small pinch of chilli powder all work well.





Perfect every time

# Low-cal pudding

Healthier recipe for this delicious dessert

## Upside-down lemon cheesecake

SERVES 8 • 20 MINUTES + SETTING • **Easy**

**WHY IT'S LIGHTER** Soft cheese is very high in fat and, added to a fat-filled biscuit base, cheesecake is loaded with calories. Mixing virtually fat-free quark with light soft cheese for the top, and using low-fat crushed amaretti biscuits for the base makes the whole recipe much lighter.

500g quark  
200g light soft cheese  
6 tbsp lemon curd, plus a little extra  
mixed with lemon juice to serve  
2 tbsp icing sugar  
2 lemons, zested and juiced  
4 gelatine sheets  
12 amaretti biscuits, crushed

Line a 20cm springform tin with clingfilm. Beat the quark and soft cheese with the lemon curd, icing sugar and lemon zest. Soak the gelatine in

cold water until it is floppy, lift out and then put in a small pan with the lemon juice and heat gently until the gelatine melts. Stir into the cheese mixture and pour into the tin. Sprinkle the amaretti over the top and press in gently. Chill for 3 to 4 hours or overnight until set and then carefully turn out onto a plate to serve. Spoon over a little extra lemon curd mixed with lemon juice if you like.

PER SERVING 185 kcals, protein 14.4g, carbs 23.6g, fat 4.2g, sat fat 2.4g, fibre 0.2g, salt 0.48g







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